SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 31
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Thursday, October 2, 2014
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TORONTO metro®

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Deadliest Sept. since 1990

12 homicides. But no evidence linking spate of slayings to gang hits, police say

Beatings on the street after closing time, a stabbing in a high school hallway and a slew of shootings: These are the ways police say 12 people have been killed in Toronto since Sept. 5.

That's a dozen homicides in less than a month, making this the deadliest September the city has seen since at least 1990 — the earliest year included in data analyzed by Torstar News Service.

Torstar went through these statistics and spoke to experts to unpack what this spike in slayings means for Torontonians.

Though certainly among the worst months for homicides in recent years, the spate of deaths this September isn't entirely unprecedented. Going back to January 1990, there were more than 20 instances in which 10 or more people were killed in a single month, most recently in July 2010.

Even so, for Toronto police Staff Insp. Greg McLane, this homicide spike is nothing to shrug off.

"That's almost one homicide every two days, so it's concerning for me," he said.

The homicide rate fluctuates in "peaks and valleys," McLane added, though "this is something a little bit beyond what we normally see."

Toronto's worst month for homicides in the past quarter-century, according to Torstar's analysis, was November 2003, with 14 slayings.

Since 1990, there have been 5.9 on average each September. Normally, July sees the most, averaging 6.9 each year since 1990.

McLane said police expect summertime spikes in crime, because more people are outside and there's more late-night revelry. But this year, cops didn't notice an increase during the summer — there were three homicides in July and four in August.

"We had a lull coming up to the mid-part of the summer, and it appears that in the month of September here we've had a peak," he said.

"It's hard to explain.... It looks like we're catching up."

The month's dozen homicides surpassed the Septembers of 1994, 2002 and 2005 (in the so-called Summer of the Gun), each of which had 11.

Jane Sprott, a Ryerson University criminologist, explained that "although peculiar" to have this many in a given month, it's difficult to parse meaning from such a short-term surge.

"It may or may not mean anything. One really needs to see what the murder rate is for the entire year, not try to draw inferences from one month," she said in an email. TORSTAR NEWS SERVICE

The big picture

2014 figures in line with recent years

Even after September's cluster, the number of homicides in Toronto this year is on par with recent trends.

By this time last year, there had been 42 homicides, compared with 41 so far in 2014. In 2012, there had been 41 by the end of September, and 46 by that time in 2011, according to stats gathered by Torstar.

With three months left in the year, Toronto remains more than 20 slayings shy of the annual average since 1990 (62.3 homicides per year).

NEWS WORTH SHARING.

PASSING ON THE TORCH

Former Olympic triathlete Simon Whitfield, left, astronaut Chris Hadfield and former Olympic champion speedskater Catriona Le May Doan ham it up with the mascot Wednesday, during the announcement of the route for the Toronto 2015 Pan Am Torch Relay at the Eaton Centre. Whitfield and Le May Doan were the first two to hold the flame in the torch relay leading up to the 2010 Winter Olympics in Vancouver.

After the flame is lit at a traditional Aztec lighting ceremony in Teotihuacan, Mexico, the Canadian journey will start in May 2015. See story, page 10.

HANNAH YOON/THE CANADIAN PRESS

'Raptor's Superfan' has the TEDx factor

Nav Bhatia: From courtside fame to bringing people together PAGE 6

The gumball machine made me do it

At the Okey Doke Tattoo Shop, customers leave their ink design up to a twist of a candy dispenser PAGES 20-21

Find long-lost relatives for $199

Sending this Silicon Valley service your spit for DNA analysis could reveal genetic health risks PAGE 24

Leafs outta the rink, hitting the links

The Buds catch some down time with golf, paintball and CrossFit after a slew of pre-season games PAGE 47

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FIVE THINGS YOU NEED TO KNOW TODAY

1

GIVING CASH THE CREDIT

A Johnny Cash tribute tonight at the Horseshoe will benefit Street Soccer Canada, featuring Ron Hawkins & Steve Singh, Danny Greaves, Sam Cash, Whitney Rose and others.

2

HEAD TO THE ZOO, RUN FOR THE CURE

The Canadian Breast Cancer Foundation CIBC Run for the Cure launches at the Toronto Zoo Oct. 5. Runners and walkers can make a wild day of it.

3

WATCHING TV IS SUCH A RUSH

The Rush Hour movie franchise is on its way to becoming an action comedy series executive produced by Bill Lawrence, creator of Scrubs, and Brett Ratner, who directed the films.

4

SURREY SIX VERDICT

Two men accused in the Surrey Six murder, in which six people were executed in a Vancouver-area highrise seven years ago, will learn their fate today.

5

THE GOLDEN AGE OF WIRELESS

San Francisco has launched free Wi-Fi at more than 30 public areas, thanks to a grant from Google. Calgary and Edmonton already enjoy this luxury, and Vancouver may be next.

Charges dropped in Florida against Toronto 'glitter girl'

Nancy Tsai. Former city socialite was accused of siphoning millions from 92-year-old woman who suffered from dementia

A Florida state attorney has nixed all charges laid on Nancy Tsai, the so-called "glitter girl" of Toronto's high-class charity scene who was accused of bilking millions of dollars from an elderly Palm Beach woman with "zero" mental capacity.

Tsai, 67, was arrested in April after a four-month police investigation in the wealthy seaside enclave. Palm Beach cops alleged Tsai took advantage of a 92-year-old woman with dementia, using more than $2 million of her money for lavish purchases that included a $170,000 Bentley, fancy meals and furniture, a penthouse condo overlooking the ocean and chartering a private jet for a single-day trip from Florida to Toronto.

She was charged with exploiting an elderly person and grand theft of more than $50,000 from someone over 65.

Glitterati

During the 1980s and '90s, Nancy Tsai was a high-profile Toronto socialite and philanthropist, featured in a 1993 book as one of the city's pre-eminent "glitter girls" who organized and attended lavish charity galas, and who spearheaded the creation of the Canadian Breast Cancer Foundation in 1986.

The elderly woman, Helga Marston, has since died in an old-age home. The state attorney's office in Palm Beach insisted Marston's death had no influence on the decision to toss out the case.

"There is insufficient evidence to prove beyond a reasonable doubt that Helga Marston lacked the capacity to consent at the time of the questioned transactions," wrote State Attorney David Aronberg in his decision to drop Tsai's charges. Prosecutors couldn't prove Tsai's purchases weren't made at Marston's request, he said. "The State cannot refute every reasonable hypothesis of innocence"

Nancy Tsai was was charged with bilking millions from an elderly woman with dementia. PALM BEACH SHERRIF'S OFFICE

Torstar News Service was unable to reach Tsai for comment, but her lawyer, Joseph Atterbury, welcomed the decision in an emailed statement. "Nancy is gratified that this unfortunate investigation has finally been put to rest. She looks forward to continuing her charitable endeavours in both the United States and Canada," he said.

According to a police affidavit outlining the allegations against her, Tsai assumed control of Marston's finances in 2011 and started spending hundreds of thousands of dollars from the elderly woman's trust account.

"We stand by our investigation," Cpt. Jeff Trylch, of the Palm Beach police department criminal investigations unit, said in an email.

"It is unfortunate that the state will not pursue the matter as they cannot prove the level of dementia on our victim, Mrs. Marston, at the time of the transactions."

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Doug Ford makes land transfer tax pledge of his own

What Rob never did. Doug says he'd reduce it by 15% per year over four years

Reprising and revising a campaign promise his brother first made four years ago, mayoral candidate Doug Ford says he would cut the land transfer tax by 60 per cent "without harming services."

Mayor Rob Ford pledged in 2010 to eliminate the lucrative tax entirely, but he could not persuade council to approve any cut at all. Doug Ford blamed his brother's failure on council's late-2013 decision to strip him of legislative powers — though he also did not make any progress in the three years before that.

Doug Ford said he has "learned" from the administration's experience during this term.

"I understand where the councillors come from," he said Wednesday at the headquarters of the Toronto Real Estate Board, which strongly endorsed his proposal. "I've been down there four years. I know each and every one of them very well. I know what makes them tick, what doesn't make them tick."

Ford said he would reduce the tax by 15 per cent at his first council meeting as mayor, then by an additional 15 per cent per year for the next three years of his four-year term.

The tax levied on home purchases brought in $357 million in 2013. At that level of revenue, a 15 per cent annual cut would require the city to fill a total four-year budget hole of about $214 million, either through new sources of revenue or through internal savings or service cuts.

Doug Ford said he would save a total of at least $90 million by outsourcing garbage collection east of Yonge. He said he would find another $50 million to $60 million — "and that's being super-conservative," he said — by implementing KPMG's 2013 recommendations for internal savings.

The garbage number may not be accurate: The city has not publicly issued an estimate for east-of-Yonge outsourcing.

John Tory and Olivia Chow both say they would keep the tax because the government needs the revenue.

"There's so many things going on in this city right now that are in need of help, whether it's transit or traffic and accelerating some things to get the traffic moving, whether it's child care. There's a long list of things," Tory said.

Chow is proposing to increase land transfer tax rates by 1 percentage point on homes being bought for $2 million or more. She says she would use the extra money to fund an expansion of student meal programs, engineering studies on the downtown relief line subway, and other programs.

"I believe the land transfer tax is here to stay," she said.

TORSTAR NEWS SERVICE

Doug Ford, seen here at Ford Fest on Sept. 27, says Toronto is the only Ontario city with land transfer tax in addition to the provincial land transfer tax, and says it's an "unfair" tax. CHRIS YOUNG/THE CANADIAN PRESS

Two men face charges

Cops sniff out batch of marijuana-laced brownies

Two men are facing drug charges after police say officers on patrol in an east Toronto neighbourhood found a big batch of pot brownies.

Police say officers were patrolling Monday near Victoria Park Avenue and Parma Court when they found two men in possession of about 3.5 kilograms of individually wrapped brownies, infused with marijuana.

It's alleged the men were planning to sell the brownies to young people in the community and students of a nearby high school.

Waleed Mohamed and Moshan Afzal, both 18, have each been charged with possession of marijuana and possession for the purpose of trafficking.

Police warn that marijuana and other narcotics can come in different forms and that consuming them can be extremely dangerous.

THE CANADIAN PRESS

Power struggle. Local hydros want to break up Hydro One, keep pieces

Ontario's local hydro utilities are considering a plan to buy Hydro One's electricity distribution business and carve it up among themselves.

The proposal has caused a rift between the local hydros and Hydro One, with Hydro One accusing the local hydros of plotting its "breakup."

Hydro One has also resigned from the association that represents the industry sector.

According to several sources, Hydro One was so angered by the proposal that a senior executive said the company's distribution segment "might as well be called ShitCo" if it were dismembered as the local hydros want.

The maneuvering is taking place as both Hydro One and the local utilities are under pressure to make changes.

TD Bank's Ed Clark has been asked to find ways of maximizing returns on provincial assets such as Hydro One, Ontario Power Generation and the LCBO.

The local utilities were reviewed by a different panel, nearly two years ago. It recommended shrinking their number, now about 70, to a dozen or less through mergers or buyouts.

Enter the Electricity Distributors Association (EDA). It represents the local hydro utilities, which own the low-voltage electric lines that deliver power directly to homes and businesses in towns and cities, and send bills to customers.

Hydro One performs the same power distribution role in rural areas (and a few larger centres). Hydro One's other business segment is operating the high-voltage, long distance power lines that transmit the power from big generating stations, and form the spine of the power grid.

With Hydro One's future in play, and pressure on its own members to consolidate, the EDA hired PricewaterhouseCoopers to advise it.

One option: Taking over Hydro One's rural distribution business, or at least the portions surrounding urban areas, and melding it with the local hydros. The EDA proposal would probably leave Hydro One to serve remote areas.

Hydro One was not amused, and broke ties with the EDA.

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T.O-based coffee firm suing pod-giant Keurig

Alleging anti-competitive behavior, Canadian coffee upstart Club Coffee is suing American single-serve pod giant Keurig Green Mountain Inc. and its Montreal-based subsidiary for $600 million.

Since 2012, the Ontario roaster and grinder has manufactured a line of disposable soft-bottom coffee pods that are compatible with Keurig machines. The Toronto-based company alleges that Vermont-headquartered Keurig has taken unfair measures to force consumers to use only its hard plastic K-Cup packs in their machines.

In particular, the statement of claim filed Tuesday in Ontario Superior Court, singled out a new line of Keurig 2.0 machines with "lock-out" technology. The machines only recognize K-Cup packs with specially coded lids.

The lockout technology has been utilized to "confuse consumers and eliminate competitors from the market," resulting in reduced consumer choice and higher shelf prices for the K-Cup packs, says the lawsuit.

In North America, Keurig coffee pods currently have over 90 per cent market share of the fast-growing single-serve coffee market.

"We knew consumers would be staring at a virtual Keurig monopoly unless we took action," said Club Coffee CEO John Pigott in a statement. "Keurig has used claims of proprietary technology to coerce retailers and other customers into exclusive arrangements to sell only Keurig-blessed products.

"The situation is simple here. Keurig wants less competition, less consumer choice, less room for innovation and to keep prices high for consumers.... Keurig should welcome healthy competition and the innovation it creates instead of trying to block us."

Quoted

"Keurig wants less competition, less consumer choice, less room for innovation and to keep prices high for consumers."

Club Coffee CEO John Pigott

Green cup of joe

In business since 1906, Club Coffee recently announced plans to bring to market a fully compostable coffee pod that uses bio resins instead of plastics.

Keurig, which recently announced a nine per cent rise in price to the Keurig brand K-Cups, said the company hadn't seen the complaint and so couldn't comment on it.

The lawsuit accuses Keurig of spreading "baseless and disparaging lies about competitors' packs in order to mislead consumers and coerce third parties into exclusive agreements.... false statements that Club's Soft Packs are defective, brew coffee of poor quality, cause damage to Keurig brewers and void the warranty on Keurig brewers."

Consequently, Club Coffee has "suffered losses and seen its business interests damaged, including ... loss of sales, goodwill, and current and prospective customers," says the claim.

TORSTAR NEWS SERVICE
WITH FILES FROM THE CANADIAN PRESS

Equal pay. Province to develop strategy to tackle wage gap

Ontario Labour Minister Kevin Flynn has been ordered to develop a strategy to close the 31.5 per cent wage gap between men and women in the province.

In her recent mandate letter to Flynn, Premier Kathleen Wynne notes that "women make up an integral part of our economy and society, but on average still do not earn as much as men.

"You will work with the minister responsible for women's issues and other ministers to develop a wage gap strategy that will close the gap between men and women in the context of the 21st century economy," the letter says.

According to the latest available data, women earned an average of $33,600 in 2011 while men earned $49,000.

By the numbers

31.5%

The wage gap between what men and women earn in Ontario.

Equal pay advocates, who have been calling for a provincial strategy similar to Ontario's anti-poverty and accessibility plans, are thrilled Wynne has highlighted the issue as a government priority.

"Nothing really happens unless you have a plan and you require people to take certain steps across ministries," said human rights and labour lawyer Mary Cornish, who heads the Equal Pay Coalition.

Under Cornish's leadership, the coalition was instrumental in pushing Ontario to pass the Pay Equity Act in 1987 when the gender wage gap was 38 per cent.

"It is exciting to get this in a mandate letter with such strong wording," Cornish said.

It is also "a fairly big deal" that Wynne's mandate letter to Women's Minister Tracy MacCharles directs her to work with her Cabinet colleagues to bring a gender lens to all government strategy, programs and policy," she added.

The coalition has asked Flynn and MacCharles for a meeting this month to begin developing the strategy. TORSTAR NEWS SERVICE

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T.O. Raptor's Superfan wants 'to bring the Sikhs to the mainstream'

TEDx Toronto. Nav Bhatia's goal is to be an ambassador who spreads the message: 'We have more in common than in difference'

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Nav Bhatia, standing in his office above the Mississauga Hyundai dealership he owns, tells a story about an encounter with a customer 30 years ago, when he first started as a salesman.

"He refused to deal with me, this white guy. He says, 'I don't want to deal with this Paki,'" recalls Bhatia. "That's the way it was then."

Bhatia is one of the speakers at this year's TEDx Toronto. In his talk, he'll tell stories about his life and about his passion, which is, in his words, "to bring the Sikhs to the mainstream."

Most people who know him, know him as the "Raptor's Superfan," the turbaned man seen front and centre at every Raptor's home game since the team was formed in 1995.

He now knows the players, coaches, refs and that other high-profile Raptors fan, Drake.

Quoted

"He refused to deal with me, this white guy. He says, 'I don't want to deal with this Paki." Nav Bhatia

He's spent millions bringing groups from diverse religions and races to the games to bond over their enjoyment of basketball. He's also deeply involved in charities and community events and his ads are a fixture on billboards and AM radio.

Bhatia's obsession with the Raptors has been well documented. He even has a catchphrase he uses to explain it to the curious: "I don't drink, I don't smoke, I don't womanize — I Raptorize."

Thirty years ago, before the Raptors existed and before Bhatia was a minor celebrity, his co-workers were upset about the way that customer had treated him, he recalls.

Bhatia wasn't.

Bhatia went to his manager and suggested he get a coworker, a "nice Englishman," to make the sale, even though it was Bhatia's turn — on the condition that after the man had bought the car, when he came back to pick it up, the "nice Englishman" wouldn't be there, and Bhatia would be.

When the man came back to pick up the car he'd bought for his daughter, Bhatia met him.

"I romanced him. I brought him a coffee — said, 'Sir, sit down,'" recalls Bhatia.

"I said, 'I'm going to be delivering the car for you,' I didn't give him the choice. I took care of him so nicely, got him the car, got him the coffee, that guy sent me a few customers after that."

To see that man's opinion of Bhatia, and by extension Sikh people in general, change was Bhatia's goal. "That was my winning."

His goal with his TEDx talk is similar, to be a Sikh ambassador who spreads this message: "If we are a turbaned Sikh, we look different, we are different, but our passion for everything in life is almost the same. In short, we have more in common than in difference."

metro AR Nav Bhatia cheers on the Toronto Raptors during the first game of the first round NBA playoffs against the Orlando Magic in Orlando in this 2008 file photo. Scan the image with your Metro News app to see a video of Nav Bhatia as he goes through training as a speaker for the TEDx conference. TORSTAR NEWS SERVICE FILE

Online

The conference runs from 11 a.m. to 6 p.m. You can watch it live at: TEDxToronto.com.

One-day conference

'Ideas worth spreading'

The one-day TEDx Toronto conference — Canada's biggest TEDx event — is coming Oct. 2. TEDx events are independent conferences modelled after the original TED, a conference series organized by the Sapling Foundation, and licensed by TED.

The TED slogan is "Ideas Worth Spreading." Some delegates say TEDx ideas helped change their lives.

Delegates listen to speakers addressing a wide variety of subjects. Livestreaming video of the talks is available online.

Toronto family doctor Sheila Wijayasinghe has been a TEDxToronto delegate in for the last two years.

"I've found it interesting to see the talks on medicine and innovations that are being done," she said.

Before he became a delegate, Chris Eben attended a salon related to TEDxToronto hosted by The Working Group. "By vocalizing (your big idea) and making it public, you were actually putting pressure on yourself committing to take some action," he said.

Legal but unsafe: Bylaw delays leave basement tenants at risk

Alisha Lamers and her boyfriend, Josh Schaefer. TORSTAR NEWS SERVICE

It was on a cool autumn night last year that Josh Schaefer, 25, stepped outside his downtown basement apartment and lit the cigarette that saved his life.

He heard the faint beeping of an alarm before his neighbours started screaming "Fire!"

Running down to the basement, he was choked by smoke and blasted back by a brutal heat. The door to his apartment was in flames and his girlfriend, Alisha Lamers, 24, was sleeping inside.

He ran around to their open bedroom window and crouched on the ground to talk to her. Steel bars on the window were trapping her inside.

"I was screaming at her to get out of there. I was freaking out and screaming."

She died from smoke inhalation in hospital four days after the fire.

Quoted

"I was screaming at her to get out of there. I was freaking out and screaming." Josh Schaefer

Basement apartments are required to have at least one fire-separated safe exit that opens at ground level, or two exits, or windows big enough to climb out, according to Ontario's fire prevention regulations.

Many do not.

The young couple's apartment was not up to the provincial fire code, and the tragedy that unfolded on the night of Nov. 20 highlights the patchwork-quilt of rules governing basement apartments in Ontario.

Tens of thousands of people across the GTA are living in illegal and unregulated basement apartments similar to the one in which Lamers died.

In a move to ease the housing shortage gripping the GTA, the government legalized basement apartments across the province in January 2012, and municipalities were told to set their own rules.

However, nearly three years later, some municipalities, including Vaughan, Brampton and Richmond Hill — with a joint population of almost 1 million — are still dragging their feet. Most have proposed bylaws in the pipeline, but bureaucratic hurdles and community consultation are pushing enforcement dates back until at least next year.

Even the cities that have amended their laws still have thousands of pre-existing basement apartments yet to be inspected — like the one near College and Dufferin streets that Lamers and Schaefer moved into last September.

Toronto first started regulating secondary suites in the late 1950s, but other municipalities in the GTA had turned a blind eye to the issue until they were forced to face it in 2012.

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Rising spoken-word star connects selflessness and social media

A poet of the people. Mustafa The Poet to bring his unique brand of empowerment to this year's We Day

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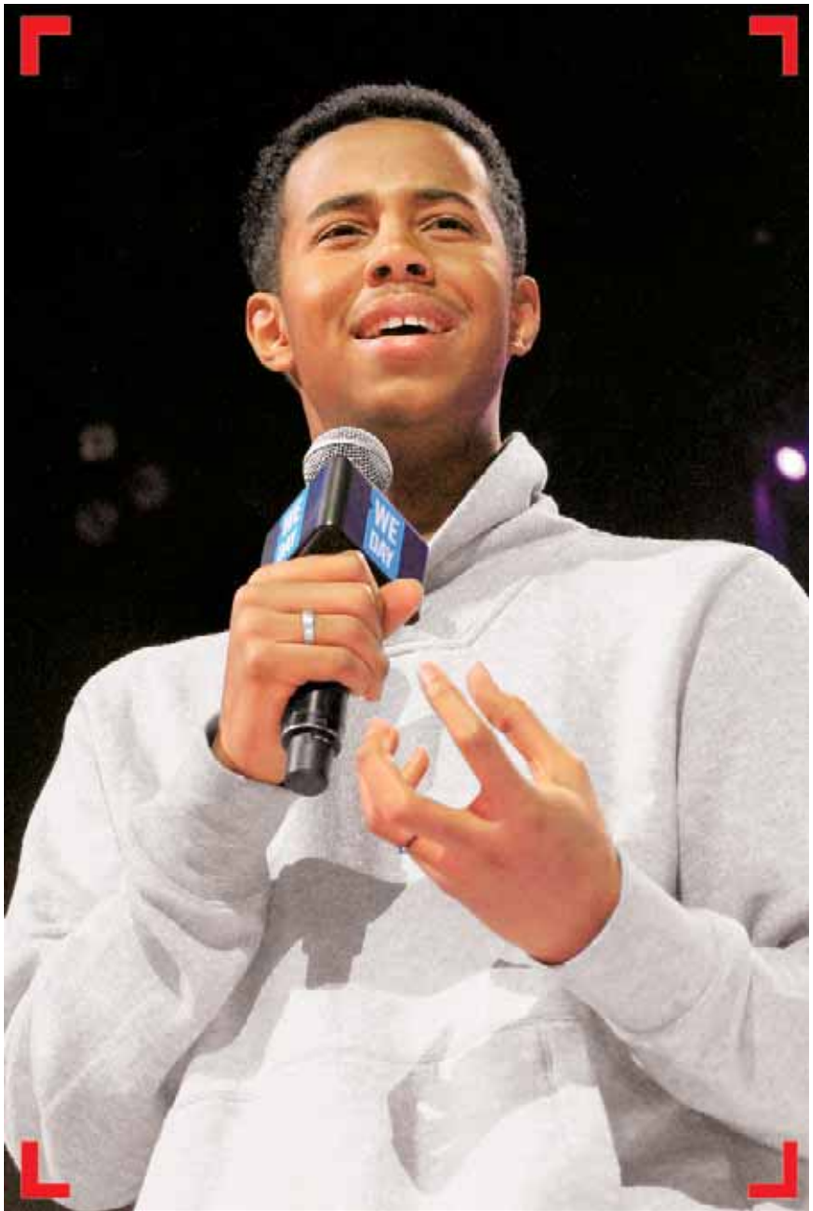

Mustafa Ahmed will be opening We Day across Canada with a spoken-word performance. Scan this photo with your Metro News app for Lost Souls, the first official video from Mustafa The Poet's debut EP. JAMES FANUCCHI

I meet Mustafa The Poet at the University of Toronto Book Store, where he looks like any other student, with a New York Yankees baseball cap, black varsity jacket and black jeans. But despite his unassuming appearance, he has a commanding presence.

Mustafa Ahmed doesn't like the bitterness of coffee, so he orders a tea from the Second Cup in the lobby of the bookstore — with four packets of sugar. For the energy, he says. Turns out he needs it: He just finished writing an exam and in a few hours has to rush off to the airport to catch a flight to St. John's, Nfld., where he'll give a presentation on the art of communication.

He seems to take it in stride, though, with eloquence unusual for an 18-year-old — though it probably shouldn't come as a surprise, considering he's made a name for himself as a poet and spoken-word artist. He's also a first-year student at U of T (on scholarship, chosen out of 8,000 candidates), studying communications and political science.

This year, Mustafa will be opening We Day across Canada with a spoken-word performance on one of this year's themes: empowerment. (We Day is an annual event taking place today in Toronto that brings together speakers and performers with youth to kick off a year of action; tickets must be "earned," rather than purchased, through taking on one local and one global action.)

While this isn't the first time Mustafa has performed at We Day events, he's an ideal role model for the topic of empowerment.

He grew up in Toronto's Regent Park and has used poetry to spread his message and inspire others. "When you're young and living in an inner-city community, a lot of people put a lot of walls around themselves, and I was one of those kids who didn't really know how to express myself," he says.

When Mustafa was 10, his older sister Namarig started to communicate with him through poetry. Now, eight years later, he's a celebrated poet, and has performed at venues such at Roy Thompson Hall and TedX Toronto.

Social media, however, has helped him to expand his audience — since that's where youth hang out these days.

"It's great to see people are still open to this type of art form," says Mustafa, since we seem to have shorter attention spans now with 140-character tweets and six-second Vines.

The problem with that, he says, is that no one makes a connection to the material, "and connections are important, especially with poetry that's so emotional."

Through his poetry, Mustafa tries to shed light on topics "people are forgetting about," as well as spreading hope and inspiration.

"You can be at any place in your life, but your heart is still beating, so there's always room for that inspiration to come through," he says.

One of We Day's themes this year is technological empowerment. "We want to make sure we're the ideal case study of how social media can be used for social good," says Michael Rajzman, associate director of digital media with Free the Children.

That means posting positive content and maintaining a safe online environment.

"We want to make sure we're engaging users, allowing them to feel empowered by the stories that they're telling, or we're giving them tips that allow them to empower others to do similar things," he says.

We Day has one of the largest social media followings of a non-profit organization, with 5 million combined followers across platforms.

"The world is so often filled with negative news," says Rajzman. "People are really hungry for those positive stories — people really want to be inspired."

Every We Day event features renowned speakers, cultural icons and musicians. JAMES FANUCCHI

An app for altruism

We365 is a mobile app and digital community that helps young people make positive change 365 days of the year. They can select the causes they're most passionate about; take action by accepting challenges (such as cleaning a local park); or invite friends and family to take action by creating their own challenges. They can also start groups and rally around causes together. To download We365, visit the Apple store, Google Play store or we365.com.

How do I help?

Michael Rajzman, associate director of digital media with Free the Children, offers five tips on how to use social media for empowerment:

1. It may seem obvious, but think about what you're posting before you post it — who might be able to see it and how it might be viewed later, says Rajzman.
2. Review the security settings of any social networks you're on — and do this on a regular basis, because they change. Most default security settings leave your profile fully open.
3. In terms of pushing out content, think about what matters to you and try to find a focus. That will make it honest and you're more likely to keep it up, says Rajzman.
4. Tumblr, Pinterest or Facebook? Social media can be time-consuming, so choose which platforms you want to be engaged with (different platforms have different audiences).
5. Divvy up your content. Keep personal content on your personal Facebook page, for example, and share content with a larger community on a separate Facebook fan page.

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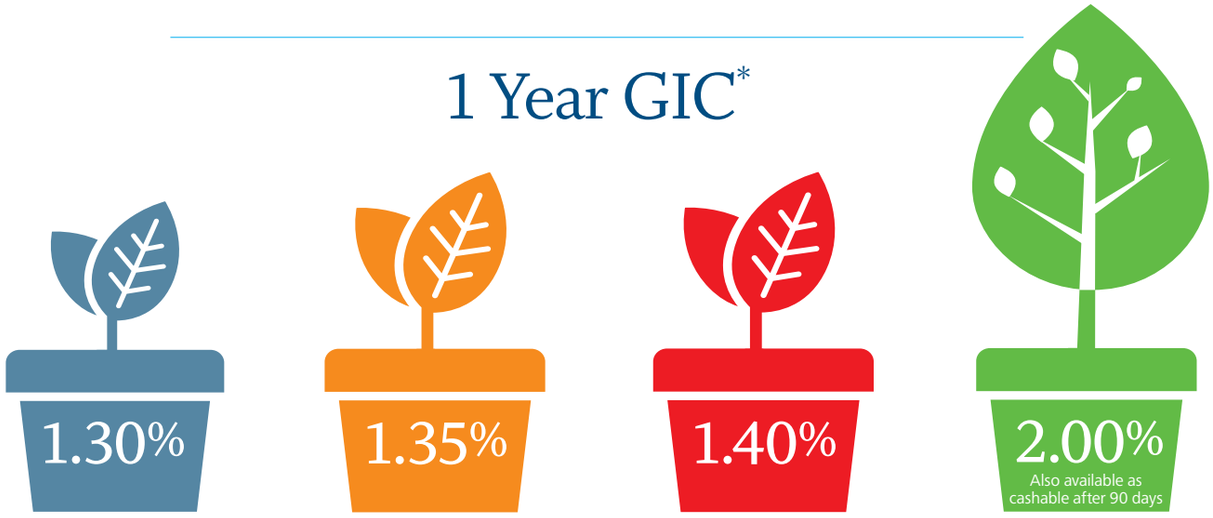

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Pan Am Games torch to relay across nation

Touching many hands. Will be carried by 3,000 people during its 41-day journey to the Games

The torch relay for the Toronto 2015 Pan Am Games will be a national event, with stops in five Canadian cities as well as more than 100 Ontario communities, organizers said Wednesday.

It will be carried by 3,000 people during its 41-day journey to the Games, and astronaut Chris Hadfield has been named as the first honorary torchbearer.

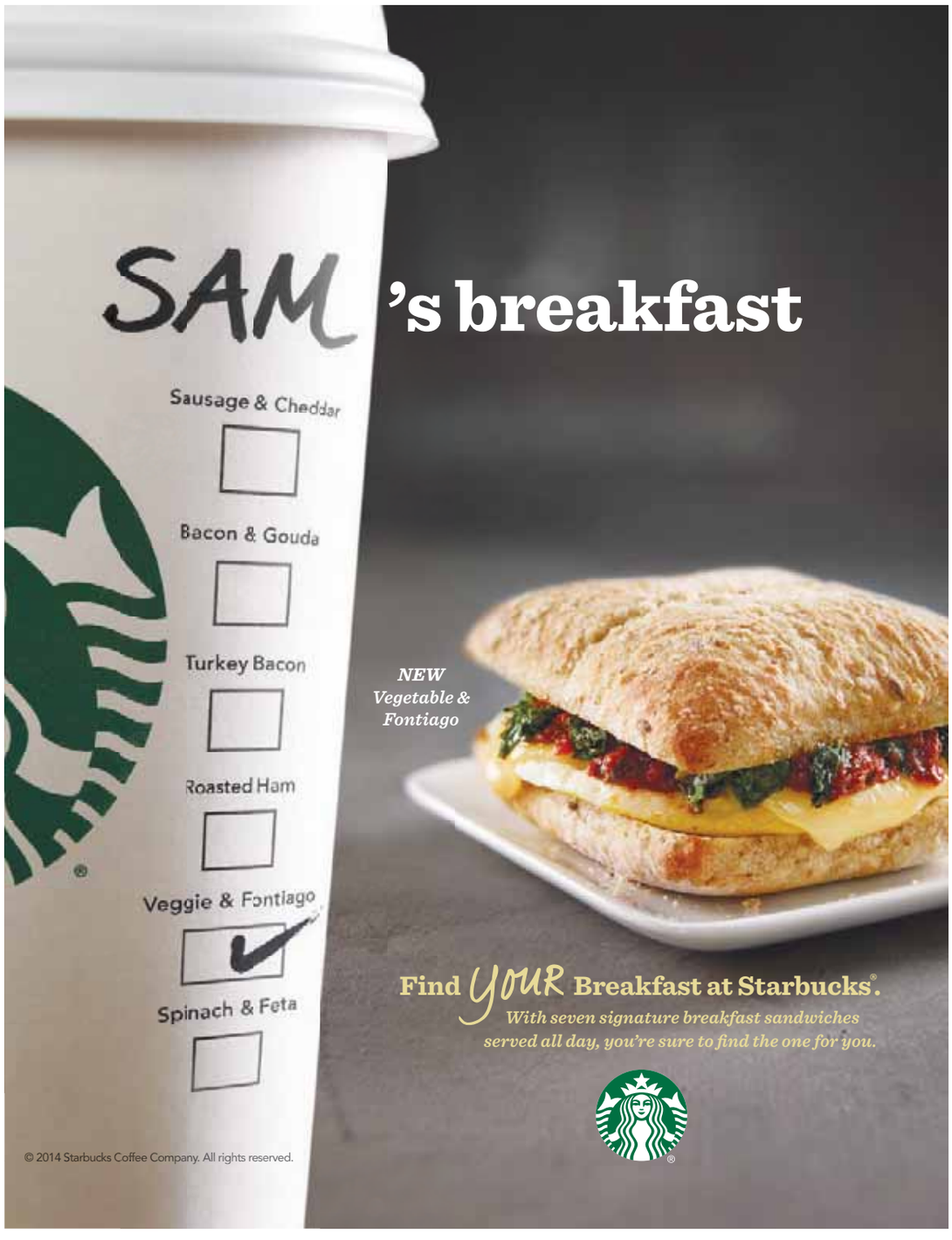
"What a thrill," Hadfield told a cheering crowd that included Premier Kathleen Wynne, Olympic athletes and officials from the Games organizing committee. "It makes me, oh, doubly or triply proud to be one of the representatives of the many people who are going to be carrying the torch."

THE CANADIAN PRESS

Want to be a torchbearer?

- Anyone aged 13 and up by May 30 next year can enter to be a torchbearer at TORONTO2015.org/torch-relay.
- A separate Parapan Am Torch Relay will take place prior to the start of the Parapan Am Games on Aug. 7, 2015.

Emilie Ruel, 6, takes a selfie with Chris Hadfield during the announcement of the route for the Pan Am Torch Relay at the Eaton Centre Wednesday. THE CANADIAN PRESS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Amid pro-democracy rallies. Wynne announces trade mission to China

Ontario Premier Kathleen Wynne will be going on a trade mission to China later this month, an announcement that comes amid pro-democracy protests in Hong Kong that the Chinese government has declared illegal.

Wynne will travel on her first international trade mission as premier to Nanjing and Shanghai, then will head to Beijing, where she will join the premiers of Quebec and Prince Edward Island for a Council of the Federation mission.

The premier said she met with the consul general for China on Tuesday and expressed Ontario's support for freedom of speech, and will deliver that message in China as well.

"I support, we support the ability of people in whatever country they reside to be able to express freely their opinions in a peaceful environment and we certainly follow the lead of and work with the federal government in terms of those relationships, but our commitment to supporting people to express themselves freely in a peaceful setting, that is absolutely firm," Wynne said.

"I would say that anywhere."

Premier Kathleen Wynne speaks during a Pan Am Games announcement in Toronto on Wednesday. THE CANADIAN PRESS

The Ontario mission to China, which is the province's second-largest trading partner, will involve about 60 businesses and organizations in the clean tech and science and technology sectors.

"This mission builds on Ontario's global trade strategy to help businesses, especially small- to medium-size enterprises to tap into new markets," Wynne said. "What we know is often small businesses don't have the access and don't have the ability to tap into larger markets, so a trade mission like this can actually make those kinds of connections."

THE CANADIAN PRESS

Pinned by a beam

Construction worker seriously injured at York University

A construction worker was rushed to hospital Wednesday with serious injuries after he was trapped in a pit and pinned by a 3,000-kilogram beam on a worksite at York University.

It is believed to be the same construction site where a man was killed in October 2011.

Toronto police say the man, believed to be in his 20s, has crush injuries to his lower body but the beam did not hit his head.

He was conscious and breathing on the scene before being transported to hospital.

Crews used a crane to hoist him out of the nine-metre-deep pit.

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Bombing. Airstrikes in Mideast launched amid intelligence gaps: Officials

The Pentagon is grappling with significant intelligence gaps as it bombs Iraq and Syria, and it is operating under less restrictive targeting rules than those President Barack Obama imposed on the CIA drone campaign in Pakistan and Yemen, according to current and former U.S. officials.

The U.S. military says its airstrikes have been discriminating and effective in disrupting an al-Qaida cell called the Khorasan Group and in halting the momentum of Islamic State militants. But independent analysts say the Islamic State group remains on the offensive in areas of Iraq and Syria, where it still controls large sections.

And according to witnesses, U.S. airstrikes have at times hit empty buildings that were long ago vacated by Islamic State fighters.

Human rights groups also say coalition airstrikes in both countries have killed as many as two dozen civilians. U.S. officials say they can't rule out civilian deaths but haven't confirmed any.

THE ASSOCIATED PRESS

Trained troops

Just 26 Canadian special forces 'advisers' in Iraq, according to email

The number of Canadian special forces soldiers advising Iraqi and Kurdish forces is much smaller than originally thought.

Foreign Affairs Minister John Baird has apparently confirmed in an email to the Opposition NDP that only 26 of the highly trained troops are deployed in and around Irbil, in northern Iraq.

THE CANADIAN PRESS

White House breach suspect pleads not guilty

Court. Omar J. Gonzalez's lawyer entered the plea on his client's behalf

A man accused of jumping a fence at the White House pleaded not guilty Wednesday to charges that he ran into the presidential mansion while carrying a knife.

A lawyer for defendant Omar J. Gonzalez, David Bos, entered the plea on his client's behalf in a 20-minute proceeding that grew contentious because of a disagreement between Bos and U.S. Magistrate Judge Deborah Robinson.

Wearing a standard prison-issue orange jump suit, Gonzalez sat attentively at the defence table but did not address the court.

Robinson wants Gonzalez to undergo a forensic screening to determine whether he is competent to stand trial.

Bos opposed that, telling reporters he does not want to provide the government with an extensive amount of information about his client that would be revealed by a forensic screening.

Bos said Gonzalez is competent to stand trial, an assertion that marked the start of a dispute over whether Gonzalez will have to undergo the screening.

A three-count federal grand jury indictment issued Tuesday accuses Gonzalez of unlawfully entering a restricted building while carrying a deadly weapon, a federal charge. He also was indicted in the Sept. 19 incident on two violations of District of Columbia law — carrying a dangerous weapon outside a home or business and unlawful possession of ammunition.

THE ASSOCIATED PRESS

This courtroom artist's rendering shows U.S. Magistrate Judge Deborah Robinson, left, presiding during Omar J. Gonzalez's case in court in Washington on Wednesday. DANA VERKOUTEREN/THE ASSOCIATED PRESS

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Safe and sound. Spanish scientist rescued after spending 12 days in cave

A Spanish speleologist has been rescued after 12 days trapped about 400 metres underground in a Peruvian cave in the country's remote Amazon region.

Rescuers brought 44-year-old Cecilio Lopez out of the mouth of the cave Tuesday to cheers from an international team of 107 people, who joined in the effort to get him out after he was injured deep in the cave. The rescuers, who included 58 Spaniards, hugged each other in excitement.

Peruvian civil-defence officials said he would be flown in an air-force helicopter to Lima. THE ASSOCIATED PRESS

Injured in the fall

Not only was Cecilio Lopez trapped for 12 days in a cave 400 metres underground, he also had a concerning injury.

- **Injured back.** Doctors have diagnosed Lopez with two injured lumbar vertebrae.

India

Train crash kills 12

A train overshot a stop signal and plowed into another express passenger train in India's northern Uttar Pradesh state, killing 12 people and injuring dozens, officials said Wednesday.

Three coaches of the Barauni Express derailed and toppled over after the Krishak Express crashed into it near Gorakhpur city station late Tuesday, said Madhuresh Kumar, an Indian railways general manager. The Krishak Express driver and his assistant were suspended after it was determined that they overshot a stop signal before the crash. THE ASSOCIATED PRESS

Mount Ontake eruption death toll climbs to 47

Rescuers conduct a search operation near the peak of Mount Ontake in central Japan on Wednesday. Rescue efforts for people missing since Saturday's surprise eruption resumed Wednesday morning. THE ASSOCIATED PRESS

Police paint 'severe' picture. Japan's most fatal postwar-era volcanic eruption also left nearly 70 injured

One body recovered near the volcano's peak was in a squatting position and had to be dug out of a thick layer of ash. Another was caught between boulders bigger than large refrigerators. Police who recovered the bodies Wednesday portrayed a painful scene of death around the summit where hikers enjoying an autumn weekend were surprised by the mountain's eruption.

The death toll from Saturday's eruption on Mount Ontake — one of the country's 110 active volcanoes — in central Japan rose to 47, Nagano police said in a statement. While ash and gases were spewing from the crater, search teams wearing surgical masks and helmets carried devices to measure the toxicity of the gases to make sure it was safe to be on the slopes.

Ontake's was the most fatal eruption in postwar history, exceeding the 43 killed in the 1991 eruption of Mount Unzen in southern Japan.

Japanese authorities mobilized CH-47 helicopters to bring the last of the bodies down to the foot of Mount Ontake from the summit, where police said they found many of the bodies.

Nagano police riot-unit leader Mamoru Yamazaki described the rescue scene as "severe."

Authorities said all of the known victims have been recovered, but the decision on whether to end the search is still being evaluated.

In addition to the 47 lost lives, nearly 70 were injured as they tried to escape down the mountain. THE ASSOCIATED PRESS

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Karadzic genocide trial.
Ex-Bosnian Serb leader insists he is innocent

Former Bosnian Serb leader Radovan Karadzic insisted Wednesday that prosecutors at the UN's Yugoslav war-crimes tribunal do not have "a shred of evidence" linking him to atrocities during the Bosnian war and accused them of trying not only him but all Bosnian Serbs.

Still, Karadzic acknowledged that as wartime leader of the breakaway Serb entity in Bosnia, he "bears moral responsibility for any crimes committed by citizens and forces."

1992-95 war

Karadzic is charged with crimes including genocide and persecution committed by Bosnian Serb forces during the 1992-95 war that left 100,000 dead.

The 69-year-old accused prosecutors of building their case on "allusions, random chit-chat (and) testimony by their own employees."

THE ASSOCIATED PRESS

Terror charges dropped

Former Gitmo detainee walks free

British prosecutors dropped terrorism charges Wednesday against former Guantanamo Bay detainee Moazzam Begg, just days before he was due to stand trial for allegedly attending a terrorism training camp in Syria in 2012-2013 and for funding terrorism, among other charges.

Prosecutors acknowledged new evidence had emerged that undermined the case. Begg walked free after spending seven months in prison awaiting trial.

THE ASSOCIATED PRESS

Jun Lin's ex testifies at Magnotta's murder trial

Feng Lin, left, an ex-boyfriend of victim Jun Lin, leaves the courtroom after testifying at the murder trial of Luka Rocco Magnotta on Wednesday in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Stayed friends. Feng Lin says he stopped getting texts from Jun Lin on the day friends last saw slain student

Jun Lin was a fitness buff who didn't smoke, drink or do drugs, a former lover of the slain Chinese student told court during Luka Rocco Magnotta's first-degree murder trial.

Feng Lin testified Wednesday that he and Jun Lin, 33, were lovers from late 2010 until mid-May 2012, not long before some of Jun Lin's remains were found in trash outside a Montreal apartment building.

Feng Lin, a 35-year-old software company manager who travelled from China to testify, said Jun Lin's family did not know their son was homosexual. "He was experiencing some pressure from his family and he was kind of obliged to go into a relationship with a girl for an eventual marriage," Feng Lin said.

Feng Lin, who has permanent resident status in Canada, went to China for the summer on May 13, 2012, less than two weeks before Jun Lin was slain.

The witness testified they remained friends when the relationship ended and that he texted Jun Lin up to 50 times a day, with his ex-lover's last message coming on May 24, 2012. That was the day friends last saw the Concordia University student.

He said he asked friends in Montreal to look for Jun Lin, but they were unsuccessful. He then decided to come back to Canada. While in transit, he was told by a friend about a video online that appeared to show Jun Lin. THE CANADIAN PRESS

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A sea-floor scan reveals one of the missing ships from the Franklin Expedition in an image released in Ottawa on September 9.
PARKS CANADA/THE CANADIAN PRESS

Franklin ship Canada found is HMS Erebus

Prime Minister Stephen Harper says the shipwreck found in the Arctic last month is HMS Erebus, the vessel on which Sir John Franklin himself sailed in search of the Northwest Passage in 1845.

The discovery of the wreck, found some 11 metres below the surface in the Queen Maud Gulf, was confirmed Sept. 7, but was not identified until now.

The two ships of the Franklin Expedition and their crews, 129 members in all, disappeared during an 1845 quest for the Northwest Passage.

Since 2008, Parks Canada has led six major searches for the lost ships, which were the subject of many searches throughout the 19th century.

The mystery of exactly what happened to Franklin and his men has never been solved. THE CANADIAN PRESS

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An ambulance pulls into the Dallas Fire-Rescue station 37 in Dallas, Wednesday. transported tested positive for Ebola. LM OTERO/THE ASSOCIATED PRESS

Canada potential

Low risk. Hospitals have been alerted to be on the lookout for possible cases among people who have travelled to West Africa

Health Minister Rona Ambrose and Dr. Greg Taylor, head of the Public Health Agency, say the country has been preparing in case an Ebola case arrives in Canada.

They insist the risk of that happening remains low, but say much work has been done to beef up the country's ability to respond should it happen.

The two spoke at a news conference called to address concerns raised by Tuesday's announcement that a Dallas, Texas, hospital diagnosed Ebola in a man who recently travelled to the state from Liberia, one of the hardest hit countries.

Taylor says the Public Health Agency has worked with Canada Border Services Agency and with airlines to advise them on what to do about passengers who appear to be ill while flying or when trying to enter the country.

Hospitals have been alerted to be on the lookout for possible cases among people who have travelled to West Africa.

Taylor says the Public Health Agency is considering sending doses of an experimental Ebola vaccine to hospitals that have been designated to look after Ebola cases if they occur, so health-care workers could use it if they have a risky exposure to a patient.

The vaccine was developed at the agency's National Microbiology Laboratory in Winnipeg.

Provincial laboratories are working to develop the ability to test for Ebola, with Quebec's facility already capable of doing so, Taylor says. Provincial labs in Ontario, British Columbia, Alberta and Nova Scotia will soon be able to test for the virus as well, he says.

"They can rule out Ebola very, very quickly," Taylor says. "And if they get a preliminary positive they will ship that to our laboratory (in Winnipeg) and we will do a definite positive to be absolutely certain. And that's part of the preparedness in case somebody does get through, comes to Canada with Ebola." THE CANADIAN PRESS

Three EMT's from this location are under a 21-day quarantine after a patient they

preps for Ebola case

Visiting from Liberia

U.S. Ebola patient

The first Ebola patient diagnosed in the United States told health-care workers on his initial hospital visit that he had recently been in an area affected by the deadly disease, but that information was not widely shared, a hospital official said Wednesday.

Thomas Eric Duncan went to a Dallas emergency room Friday and explained that he was visiting the U.S. from Liberia. He was sent home with antibiotics, according to his sister, Mai Wureh.

He returned two days later, after his condition worsened, and was admitted to Texas Health Presbyterian Hospital.

Dr. Mark Lester, who works for the hospital's parent company, said a nurse had asked Duncan whether he had been in any part of West Africa, where Ebola has killed thousands. But that "information was not fully communicated throughout the whole team."

A day after the man's diagnosis was confirmed, a nine-member team of federal health officials was tracking anyone who had close contact with him.

The team from the Centers for Disease Control and Prevention was in Dallas to work with local and state health agencies to ensure that those people are watched every day for 21 days.

"If anyone develops fever, we'll immediately isolate them to stop the chain of transmission," Dr. Tom Frieden, the CDC director, said in an interview.

Duncan has been kept in isolation at the hospital since Sunday. He was listed in serious but stable condition. **THE ASSOCIATED PRESS**

Quality concerns

Health Canada bans some drug imports from India

Health Canada says it is banning imports of some medications and drug ingredients produced in India due to concerns about quality.

The agency took the action against Apotex Pharmachem India, Apotex Research Private Ltd. and IPCA Laboratories.

It says it has "significant concerns" with the manner in which research data is collected and reported, raising serious doubts about quality and safety.

The agency says until it is satisfied that production processes at the three sites meet international standards, it will keep these products off the market. **THE CANADIAN PRESS**

Propeller problem

Passengers leave cruise ship stuck in Quebec City

Hundreds of passengers stranded since last weekend on board a cruise ship with mechanical problems have finally left the luxury liner.

The MS Veendam was supposed to sail from Quebec City to Boston on Sunday on a Canada-New England cruise, but that never happened.

A statement from Holland America Line says the sailing was cancelled because one of the ship's propellers required repairs.

Spokesman Erik Elvejord says in an email that some of the 1,303 guests stayed aboard for the last couple of days, but all have now quit the vessel and arrangements have been made to get them home. **THE CANADIAN PRESS**

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Protesters threaten to occupy buildings

Demonstrators in Stockholm, Sweden, show their support for pro-democracy demonstrations in Hong Kong, Wednesday. CLAUDIO BRESCIANI/THE ASSOCIATED PRESS

Hong Kong. Families with children, couples, students, retirees and foreigners who live in the city join protesters

Raising the stakes in their standoff with the authorities, Hong Kong's pro-democracy protesters threatened to occupy government buildings unless the territory's top official resigns by Thursday.

The Chinese government, meanwhile, appeared to be losing patience. An editorial solemnly read Wednesday on state TV said all Hong Kong residents should support authorities in their efforts to "deploy police enforcement decisively" and "restore the social order in Hong Kong as soon as possible." And the Communist Party-run People's Daily warned of "unimaginable consequences" if the protests persist.

Protesters heckled Hong Kong Chief Executive Leung Chun-ying Wednesday when he arrived for a flag-raising ceremony to mark the anniversary of the 1949 founding of Communist China. Hundreds yelled at him to step down, then fell silent and turned their backs when the ceremony began. In his speech, Leung did not mention the protesters.

Turning up the pressure on leaders in Beijing, sympathy protests sprang up in Macau, a former Portuguese colony that China took over in 1999, and in Taiwan, which China claims as its own. THE ASSOCIATED PRESS

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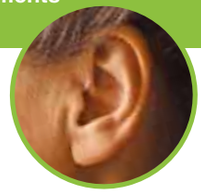

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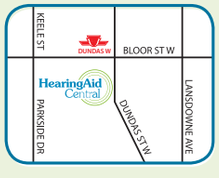

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A local woman cries in front of a damaged school after shelling in the town of Donetsk, eastern Ukraine, Wednesday. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Ukraine. Rebels closing in on Donetsk airport, nine killed in crossfire

Pro-Russian rebels in eastern Ukraine advanced Wednesday on the government-held airport in Donetsk, pressing to seize the key transportation hub even as the two sides bargained over a troop pullout under a much-violated truce.

Fighting for the airport has raged for months as the insurgents have tried to dislodge the government forces using it to shell rebel positions in Donetsk, the largest rebel-held city. At least nine people were killed in the crossfire Wednesday in residential areas near the airport.

A shell exploded Wednesday in a school courtyard in northern Donetsk. Shortly afterward, another shell hit a nearby bus stop. The Donetsk city council said three people were killed at the school — a teacher and two parents — and 70 schoolchildren were there at the time. It also said six people were killed and several wounded at the bus stop. THE ASSOCIATED PRESS

Canada-U.S. border

Afghan soldiers fear torture if they return home

Three Afghan military officers who sought refuge in Canada after skipping out on a military training exercise in Massachusetts say they fear they would be killed or imprisoned and tortured if they are returned to Afghanistan. They were detained by Canadian border officers at Niagara Falls and turned over to U.S. authorities. THE ASSOCIATED PRESS

Enterovirus D68

B.C. reports two cases with polio-like symptoms

Health officials in British Columbia say they have seen two young people infected with enterovirus D68 who also suffered from polio-like symptoms. A teenager is still on a breathing machine a month after being in hospital. A child between five and 10 years old, developed weakness in one arm that has not improved. THE CANADIAN PRESS

Anti-cyberbullying curriculum will save lives, teen's mom says

Canadian Centre for Child Protection.

Laureen Harper says the money was 'very well spent'

Leah Parsons, mother of Rehtaeh Parson, a victim of cyberbullying, speaks at a press conference at the Canadian Centre for Child Protection in Winnipeg on Wednesday. JOHN WOODS/THE CANADIAN PRESS

A mother who says her daughter was driven to suicide by relentless cyberbullying says a new curriculum will help combat a lack of empathy shown by teens online and save lives.

Leah Parsons said the teaching material, introduced by the Canadian Centre for Child Protection in Winnipeg on Wednesday, gives her hope for the future.

"We live in a digitized world that is not going to change," she said. "The online world can be very desensitizing and I feel that empathy for others is lost.

"Imagine the mistakes we all made as teenagers. Now imagine these mistakes being caught on film, on camera and then imagine being ridiculed over and over again."

Rehtaeh Parsons was taken off life support in April 2013 after a suicide attempt. The 17-year-old girl's family says she was sexually assaulted in 2011 and then subjected to months of online bullying.

Another teen, 15-year-old Amanda Todd from British Columbia, committed suicide in 2012 after being extorted for two years. She exposed herself while on a webchat and the image was used to blackmail her into putting on another "show" online. She posted a heartbreaking, nine-minute video online detailing her torment before committing suicide.

The curriculum, which is available to all teachers across Canada, is aimed at kids in Grades 7 through 10. The material touches on sexual exploitation, sexual violence and healthy relationships. It was funded by a $100,000 gift from the federal government to mark the birth of Prince George of Cambridge.

If the consequences of cyberbullying had been openly discussed in schools, Parsons said her daughter's tormentors might have thought twice.

Laureen Harper, wife of Prime Minister Stephen Harper, said she's pleased teachers will have access to materials that will help keep children safe.

"I think the money was very well spent," Harper said at the launch. "They tackle head-on some of the most vile and disturbing activities, behaviour that makes your skin crawl and heart break."

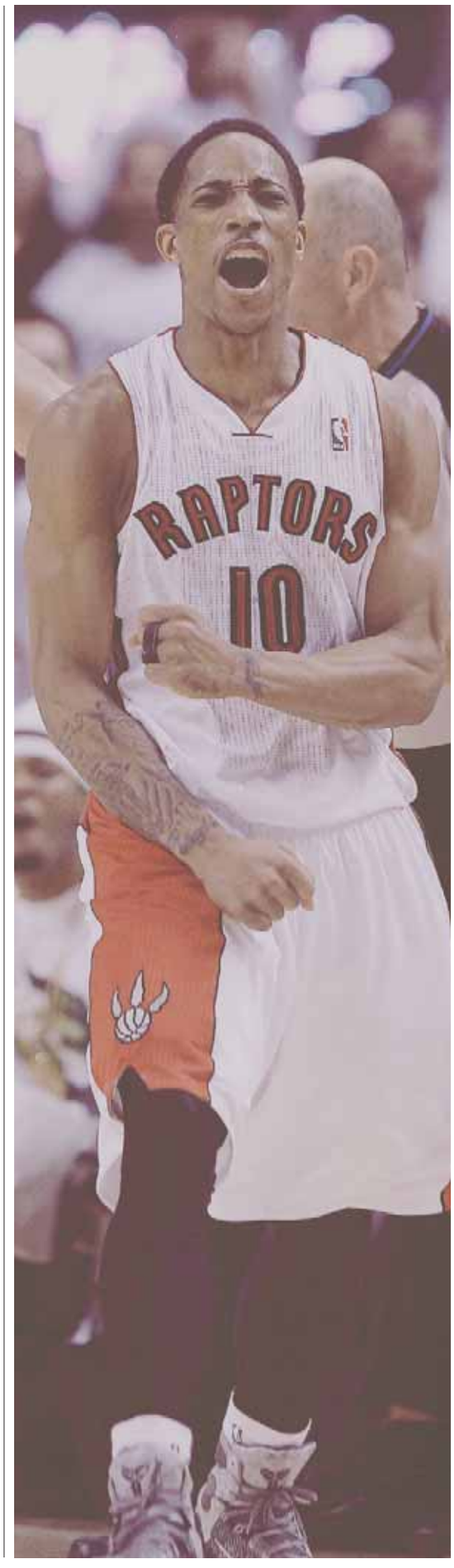
Lianna McDonald, executive director of the Canadian Centre for Child Protection, said the centre is seeing a steady increase in the number of teens struggling with cyberbullying.

Today's teens are dealing with a mix of normal adolescent risk-taking, technology and sexual violence that no other generation has faced, she said. THE CANADIAN PRESS

Talking about cyberbullying

"I hope it's going to open up a whole new conversation about the impact social media has on our children.... It's time to make a change."

Leah Parsons, mother of Rehtaeh Parsons, talks about the new teaching material introduced by the Canadian Centre for Child Protection.



Social media. Facebook apologizes after deleting accounts with drag names

Facebook is apologizing to drag queens and the transgender community for deleting accounts that used drag names like Lil Miss Hot Mess rather than legal names such as Bob Smith.

The world's biggest online social network caught heat recently when it deleted hundred of accounts belonging to self-described drag queens, other performers and members of the lesbian, gay, bisexual and transgender community. Facebook has long required its users to go by their "real names" on the site for security purposes, to stand out from other social networks and so it can better target advertising to people. Now, the company says the spirit of its policy doesn't mean a person's legal name, but "the authentic name they use in real life."

"For Sister Roma, that's Sister Roma. For Lil Miss Hot Mess, that's Lil Miss Hot Mess," Chris Cox, Facebook's vice-president of product wrote in a blog post.

Last month, the company suggested that performers such as drag queens have other ways of maintaining their stage identities on the site, such as creating pages that are meant for businesses and public figures. THE ASSOCIATED PRESS

NFL. Scandal is making people talk about domestic violence: Gloria Steinem

Feminism pioneer Gloria Steinem says that if anything good has come from the NFL's domestic violence scandal, it's that we're actually talking about domestic violence.

"When the women's movement started, there was not even a term called domestic violence," the 80-year-old activist said in an interview. "It was just called life."

International human rights organization Equality Now announced Wednesday it will honour Steinem for her six decades of work for women's rights. Actress Salma Hayek Pinault will also be recognized for her efforts to end violence against women and girls at the organization's gala fundraiser Nov. 3 in Beverly Hills.

U.S. Department of Justice statistics show as many as a third of female murder victims are killed by intimate partners.

As the nation discusses domestic violence, Steinem urges people to consider that "the most dangerous time for a woman is when she is about to escape or has just escaped" from an abuser. Steinem said she admires Hayek Pinault, her fellow Equality Now honoree, for both her artistic and activist work. THE ASSOCIATED PRESS

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Let fate decide your

Permanent gimmick. For $80 you can leave tattoo design up to a twist of a gumball machine at the Okey Doke Tattoo Shop

Karly Madill is waiting her turn at the Okey Doke Tattoo Shop to get a new design inked onto her ankle, but doesn't know yet what it will be. She's letting the gumball machine decide.

Usually people put some careful thought into a tattoo. After all, they may wear it for life. But at the Dundas Street West shop, for $80, a customer can insert a token into the gumball dispenser and out spits a capsule containing a design. If the customer doesn't like it, tough.

"We don't force you to get the tattoo, but you lose your money," explains tattoo artist Franz Stefanik. "That's the gamble."

Inside those capsules, it's a mixed bag. There are some safe standards — hearts and daggers, roses — and retro cartoonish ones of Hamilton, the French bulldog who lounges around the shop, as well as edgier designs — middle fingers and a crude lady with a donkey.

"I don't think there would be anything so offensive I wouldn't do it. But maybe there's a wild card in there," says Madill, 30, with a laugh, eying the gumball dispenser. "I'm living on the edge."

She turns the gumball dispenser crank decisively and out flies a capsule with a drawing of a chubby cherub's backside, complete with wings. "That was fun. My heart was racing," says Madill, a makeup artist, as she heads to the tattoo table. "The angel is adorable. I'll take it."

Okey Doke has had the dispenser for a month, with about 30 customers taking the risk. So far, everyone has gone ahead with the gumball-given design, says Stefanik.

The idea sprang from a conversation at the shop. They'd heard about some places in the U.S. letting clients pick a design out of a hat or spinning carnival wheels, explains Stefanik. That morphed into the vending machine plan, and they ordered one. It's likely the only one of its kind in Toronto.

The $80 price for a take-your-chance tattoo is the shop minimum, and a good deal, explains Stefanik. He says most of the dispenser's designs would normally cost $120 to $140.

Those willing to gamble are usually longtime tattoo collectors, who want a little something to fill in an empty space, says Stefanik.

The tattoo artist's head is down, perfecting a Grim Reaper on the ankle of a client, Andrew Reid. He's not tempted by the gumball machine. Not yet. "At this stage, I have a plan in my head of what I want," says Reid. "But if I were in here with a couple of friends, it would be a cool thing to do."

Rachel Meyer and Steve Daniel have come into the shop with definite designs. He wants a fish taco and she, a pig-headed taco. "We like Mexican food," says Meyer. It'll be a couple tattoo, but without names, they explain.

As for the tattoo-by-chance approach, Meyer says she'd be game if she had more tattoos. That way, a funny design wouldn't stand out.

Madill's cherub butt is now finished, displayed on her ankle, above the band of stars, next to the cat in a wig. "I'm very happy," she says. "It's perfect and exactly where it's meant to be."

Score one for the gumball machine.

TORSTAR NEWS SERVICE

Quoted

"We don't force you to get the tattoo, but you lose your money. That's the gamble."

Tattoo artist Franz Stefanik

Karly Madill shows off the ankle angel tattoo

Lavazza brews up espresso to be

They'll be bouncing off the ceiling after this baby is installed.

Of course, they'll be bouncing off the ceiling already in the microgravity of the International Space Station.

But the orbiting lab is about to get another piece of equipment when a high-tech espresso machine arrives there next year.

At this week's International Astronautical Congress in Toronto, Italian espresso maker Lavazza premiered its prototype of the ISSpresso, a made-for-space espresso machine.

"It's the first time ever for espresso as it should be brewed — high-pressure, fresh coffee ... the way that it is brewed for earthlings," says Ennio Rannaboldo, CEO of Lavazza's North American division.

Rannaboldo was in town to unveil the machine.

The idea percolated with Italy's involvement in the space program and the announcement of the country's first female astronaut, Samantha Cristoforetti, Rannaboldo says.

"All these good things came together," he says.

"This was a desire to add to the quality of life at the space station."

Lavazza worked with ArgoTech, a food engineering company, to develop the first capsule-based espresso machine — scheduled to rocket into space in 2015 with Cristoforetti.

Coffee has always been available in space, but only the instant kind, says Jeremy Hansen, a Canadian astronaut training for the next mission.

"It's going to be a great thing for astronauts who enjoy espresso, a better cup of coffee," he says.

"It's expected to be a serious upgrade from what we had before. And morale goes a long way."

The espresso will be brewed into a bag, which will have a straw designed to emit the aroma, although that might not be a successful component, Hansen says. "The aromas are not the same in space," he says, adding that the lack of gravity leads to more blood in the head and cuts down on olfactory senses.

Quoted

"It's the first time ever for espresso as it should be brewed — high-pressure, fresh coffee ... the way that it is brewed for earthlings."

Ennio Rannaboldo, CEO Lavazza North America

Canadian astronaut Jeremy Hansen

TORSTAR NEWS SERVICE

tattoo? Okey dokey

that the gumball machine selected at the Okey Doke Tattoo Shop. TORONTO STAR NEWS SERVICE

sipped by astronauts in space

Not one-size brews all

The ISSpresso is modelled after Lavazza's RIVO machine, and uses the same coffee pods, but with NASA-approved materials and engineering to make it work in zero gravity.

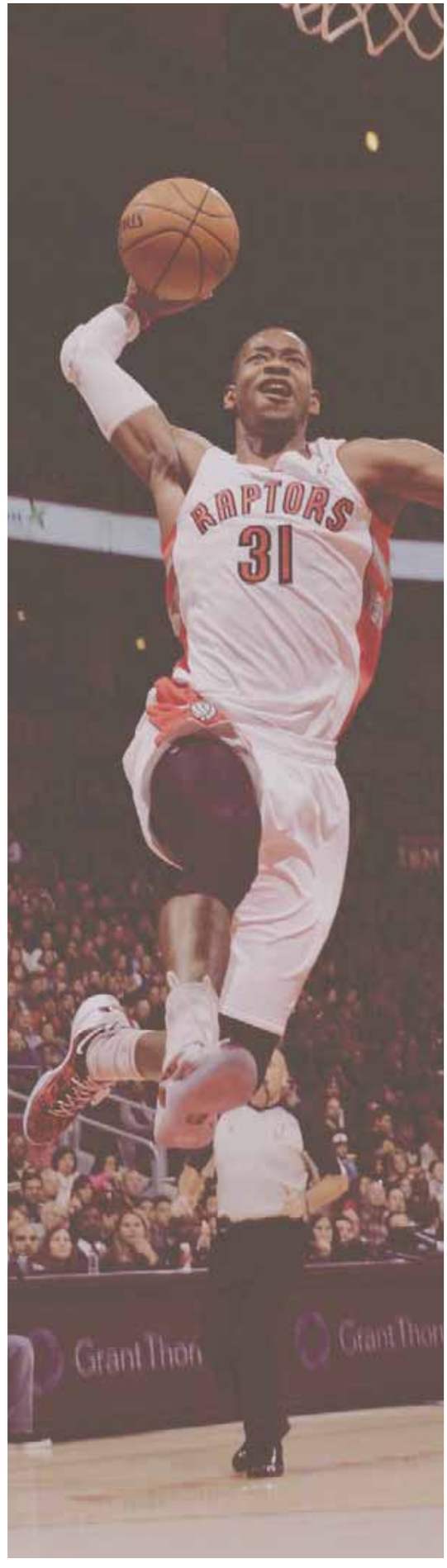
- It's not a one-size brews all — there will be three options.
- "It becomes a premium hot beverage system in space, which is remarkable," says Ennio Rannaboldo, CEO Lavazza North America

But still, good food and drink leads to happy astronauts, Hansen notes.

"It's as close as you can possibly get to an Italian café in Rome or Venice," Rannaboldo says.

TORSTAR NEWS SERVICE

A custom-made espresso machine, premiered this week at the International Astronautical Congress in Toronto, is bound for the International Space Station. TORSTAR NEWS SERVICE



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Jury convicts Dunn of first-degree murder

Jordan Davis shooting. Florida prosecutors did not seek death penalty, but Michael Dunn faces mandatory life sentence

A jury convicted a Florida man on Wednesday of first-degree murder in his retrial for killing a teenager after an argument over loud music.

Prosecutors said Michael Dunn shot with intent to kill when he fired 10 times into a sports utility vehicle carrying 17-year-old Jordan Davis and three of his friends in November 2012. The jury reached its verdict after more than five hours of deliberations.

Dunn, who took the stand in his own defence, said he fired in self-defence. He told jurors that he saw Davis flash what he believed to be a rifle after the two exchanged words outside a convenience store.

Michael Dunn
THE ASSOCIATED PRESS

Investigators never found a gun in the SUV or in the nearby area, and Davis' three friends testified that there was no gun.

Dunn was convicted of three counts of attempted second-degree murder in February and faced at least 60 years in prison. The jury in the first trial deadlocked on the first-degree murder count, which led prosecutors to retry him.

Prosecutors didn't seek the death penalty, which means Dunn now faces a mandatory life sentence.

Throughout the second trial, prosecutors portrayed Dunn as a cold-blooded killer. Dunn never called police after firing into the SUV, and afterward he went back to his hotel, made a drink, ordered pizza, walked his dog and went to sleep.

After learning on the news about Davis' death, Dunn drove home and did not contact authorities until they called him.

Before the verdict, Davis' parents, Ron Davis and Lucia McBath, said they never expect to hear condolences from Dunn.

"Ron and I don't expect that he'll ever apologize to us, you know, and that's not even a concern of ours because we know that we raised a good human being," McBath said.

THE ASSOCIATED PRESS

Mexico

Girl kidnapped 12 years ago alive

Authorities say a Texas girl reported kidnapped 12 years ago has been found with her mother in Mexico, and that the mother is now facing charges in the United States.

The FBI says 17-year-old Sabrina Allen was found Tuesday night in Mexico City. She was reported missing by her father in 2002, after the then-four-year-old girl vanished after a weekend visit with her mother.

The teen and her mother, Dara Llorens, were flown back to Texas early Wednesday. Llorens is now jailed in Austin on an aggravated kidnapping charge and being held on a $300,000 bond.

Gregory Allen said during a news conference with Austin police that he's looking forward to giving his daughter a hug. Authorities didn't reveal the teen's whereabouts. THE ASSOCIATED PRESS

Mexican military. As evidence accumulated, 3 charged with homicide

A timeline of official statements about the slaying of 22 suspected gunmen by soldiers in rural Mexico:

June 30: A Mexican army patrol confronts armed suspects in south Mexico at a half-finished grain warehouse. The military issues a statement saying they came under fire and then returned gunfire, killing 21 men and one woman.

July 1: Mexico State Gov. Eruviel Avila publicly thanks the army for its "bravery" and firmness in the confrontation.

July 3: Associated Press reporters visit the warehouse and find similar patterns of one or two closely placed bullet holes, giving the appearance that some of those killed were standing against a wall and were hit by carefully placed shots at chest level.

July 15: The Mexican government and prosecutors' office issue a statement declaring the forensics tests show there was an equal exchange of gunfire and that there was no evidence of any possible executions.

Sept. 17-18: The Associated Press and Esquire Latinoamerica publish the testimony of a witness — one of the alleged kidnap victims — who says 21 of the suspects were executed by soldiers after surrendering.

Sept. 25: The army issues a statement saying eight involved in the confrontation were taken to a military prison on charges of disobedience and dereliction of duty.

Sept. 27: Top security official, Miguel Angel Osorio Chong, says "it is clear that this is just an isolated incident, and not the behaviour of our great army."

Sept. 30: Federal prosectors announce homicide charges against three of the soldiers. Attorney General Jesus Murillo Karam says they had opened fire on the people inside the warehouse with no justification whatsoever.

THE ASSOCIATED PRESS

Security

Kimmel the most dangerous celeb online: McAfee

If you're about to Google Jimmy Kimmel, beware.

Computer security company McAfee says the talk-show host is the most dangerous celebrity to search for online.

The company said Tuesday that a search for Kimmel carries a 19 per cent chance of landing on a website that has tested positive for spyware, viruses or malware. THE ASSOCIATED PRESS

True

Pepsi launching mid-calorie soda

There's Pepsi, Diet Pepsi and now Pepsi True, a mid-calorie version of the soda made with natural sweeteners.

PepsiCo Inc. said Wednesday the latest version of its flagship soda will have 30 per cent fewer calories than regular Pepsi and be made with a mix of sugar and stevia, a natural sweetener with no calories.

The drink will go on sale later this month on Amazon.com before eventually being rolled out to supermarkets and other traditional outlets, according to the company. It will come in 7.5-ounce cans, each 60 calories.

THE ASSOCIATED PRESS

Auto

Ford adding 1,000 jobs to Oakville plant

Ford Motor Co. of Canada says it is adding 1,000 jobs at its plant in Oakville by the end of this year to build the 2015 Ford Edge crossover SUV for the global market.

The automaker says it also expects to increase spending on Canadian-made auto parts by $200 million a year, to nearly $4 billion annually — a shot in the arm for Ontario's manufacturing sector and Canadian exporters.

Ford has been preparing for months to produce the redesigned Edge at Oakville, with vehicles now expected to be exported to more than 100 countries around the world — up from the previous estimate of 60 countries.

THE CANADIAN PRESS

Health Canada cracks down on flavoured tobacco

Candy-flavoured cigars appear on display at a custom tobacco shop in Albany, N.Y., in 2013. In Canada, the federal government is aiming to crack down on flavoured tobacco products that target young smokers. Health Minister Rona Ambrose is proposing regulatory amendments that would further restrict access to the items. Ambrose also says she's asking the federal standing committee on health to study the potential risks and benefits of so-called e-cigarettes and to seek the advice of health experts. HANS PENNINK/THE ASSOCIATED PRESS

Former SNC exec pleads guilty to bribery, corruption

Court. Riadh Ben Aissa is the first SNC-Lavalin official to be convicted of offences stemming from activities in Libya, Algeria, Montreal and Bangladesh

SNC-Lavalin says it will recover $16 million after a Swiss court accepted a guilty plea from a former senior executive accused of fraud, corruption and money laundering.

The Federal Crime court of Switzerland accepted the deal Wednesday and sentenced Riadh Ben Aissa, SNC's former head of construction, to time served. Ben Aissa has already been in prison for 29 months.

Ben Aissa acknowledged in court that he bribed Saadi Gadhafi, son of Libya's late dictator Moammar Gadhafi, so SNC-Lavalin could win contracts in the north African country. He also admitted to pocketing commissions.

The conviction paves the way for Ben Aissa's extradition to Canada, where he is accused of fraud worth an estimated $22.5 million involving the McGill University Health Centre, one of Canada's largest infrastructure projects.

The Canadian Department of Justice said it doesn't comment on foreign prosecutions, or when the convicted fraudster could return to face charges.

The Swiss court also ordered Ben Aissa to forfeit his Paris apartment. His wife will be able to keep a Monaco apartment and a Geneva bank account in her name, according to media reports.

CBC said Swiss prosecutors dropped an embezzlement charge because it wasn't clear to what extent SNC-Lavalin knew of the payments to companies held by Ben Aissa.

SNC-Lavalin said the court recognized it was "an injured party" and will be able to recover $16 million from Ben Aissa's seized bank accounts. The engineering giant said it also reserves the right to seek additional funds from Ben Aissa after he is extradited back to Canada.

The company has undergone an overhaul since the problems surfaced, replacing top executives and launching an ethics and compliance program. THE CANADIAN PRESS

Market Minute

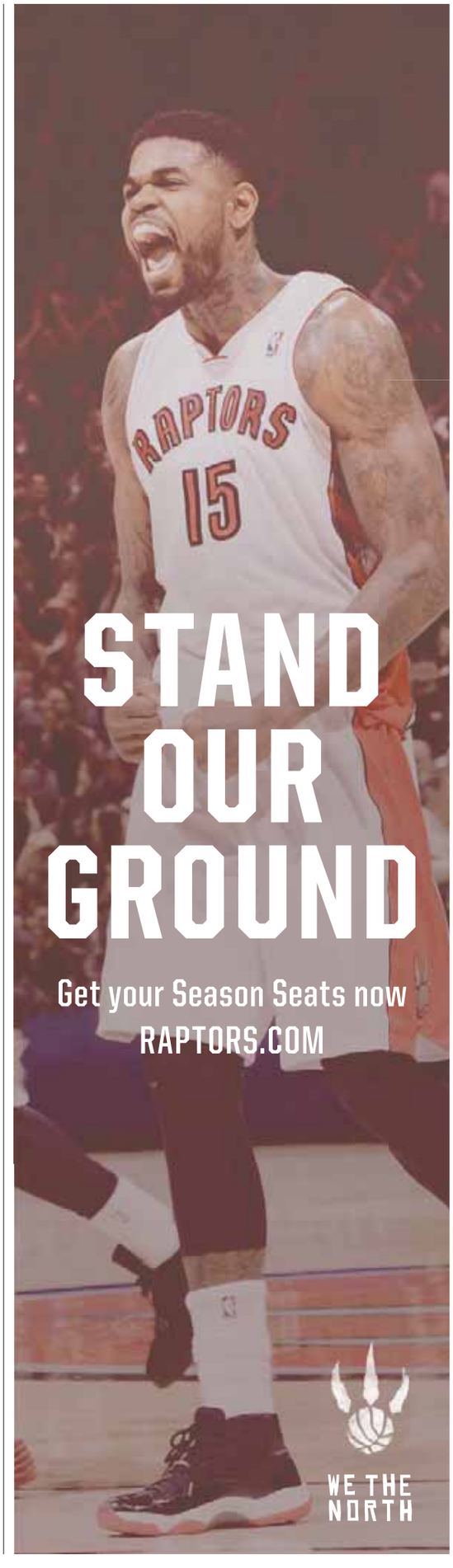
DOLLAR
89.51¢ (+0.22¢)

TSX
14,805.44 (-155.07)

OIL
$90.73 US (-0.43¢)

GOLD
$1,215.50 US (+$3.90)

Natural gas: $4.02 US (-$0.10)
Dow Jones: 16,804.71 (-238.19)



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Unlock your genes' secrets

DNA. 23andMe now offers ancestry and genetic health info to curious Canadians

The kit that Metro reporter Jessica Smith Cross used to analyze her DNA.
JESSICA SMITH CROSS/METRO

Canadians interested in learning about their DNA can now send their spit to 23andMe, a Silicon Valley company, and receive information about their ancestry and reports on their genetic health risks.

The service, which has been banned in the U.S., analyzes participants' DNA and, through its website, provides information about customers and their family members based on their genetics.

Customers receive a report on their ethnic ancestry and are given the option of connecting with their unknown relatives in the 23andMe database.

Canadian customers receive access to 108 health-related reports on genetic risk for health conditions, drug responses, genetic traits and inherited conditions.

23andMe used to offer a similar health-report service in the U.S. but was banned from doing so by the Food and Drug Administration for failing to provide the FDA with information to support the claim that its reports are accurate.

23andMe CEO and co-founder Anne Wojcicki said the company is working with the FDA to gain approval but that it didn't have to jump the same regulatory hurdles in Canada.

"We've come here a number of times and met with Health Canada," she said. "We got the specific feedback that we are not a therapeutic. Therefore we do not require pre-market approval."

The health-related information 23andMe offers Canadian customers ranges from frivolous to serious. For example, customers will automatically see if they have a high or low tolerance for caffeine.

However, they have to opt-in to learn if they have mutations of the BRCA gene that present a high risk for breast cancer, the LRRK2 and G2019S mutations that present a risk for Parkinson's or variants of the APOE gene that present a higher risk for Alzheimer's. They are given information about the link between the genes and the diseases before choosing to opt-in.

Customers can also download their raw genetic info and share it.

JESSICA SMITH CROSS/METRO

Next week Metro will take a look at the implications of 23andMe and commercial genetic testing.

By the numbers

$199

The cost of the service

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THE HIDDEN COSTS OF FLYING (FOR DUMB PEOPLE)

HE SAYS
John Mazerolle
metronews.ca

I'm in favour of the new checked-baggage fees on Canadian airlines because, when it gets right down to it, I'm in favour of anything that will get everybody else to stop flying.

I like flying myself. Literally, I like flying *myself*.

Unfortunately, flying is more popular than ever, even as airlines charge for everything "extra," such as the wings. At this rate the oxygen masks will all be coin-op and the flight attendants will tell you not to blow up your life jacket until you've paid the Emergency Improvement Fee. Inflation these days.

The airlines' new fees caused a media tizzy and led to a series of helpful TV pieces letting you know that you can avoid checked baggage if you:

- Wear all your clothes at once à la the snowsuit in A Christmas Story.
- Roll what you can, including T-shirts and your iPhone 6.
- Condense all your rage at airline fees down into an angry little ball deep in your soul, where it won't bother anyone. For now.

Airline customers are upset, but if it keeps them on buses or motorcycles or skiffs then, by all means, charge them a landing-gear fee during final approach.

I'll be cool with that, because the fewer people in the air with me, the better. Every time I fly my thought is always the same: has nobody ever flown before?

It starts at the airport. EVERYBODY lines up for the plane at the first sign of boarding as if the pilot is out front revving the engine and honking the horn because he has to get to Newark before the liquor store closes.

People have told me this is because passengers want to get good space for their overhead baggage, but I maintain it's because they are not the sharpest tool on the banned-items list. Why? Because they do the same thing when it's time to get off.

During boarding I'm amused, but while disembarking it drives me nuts. Passengers leap to their feet the second the plane stops — with the door closed, the stairs missing, no space to stand up and a layout that requires you to exit one row at a time. All so you can rush to a baggage carousel that has no baggage on it yet.

So everybody's annoyed at flying right now, including me, but I have a compromise that could help: airlines should drop the proposed checked-baggage fees and instead make up costs by charging for all in-flight idiocy. I call them Facepalm Fees.

Even putting aside the rush to get on and off, airlines could introduce penalties for leaning on aisle seats as you walk ($5), talking to flight attendants like they're servants ($100) or whomping your seat backward during the meal (summary execution).

Another solution would be for me to relax, but I'm afraid it's impossible with all this emotional baggage.

But don't they know climate change is a myth?

Main: Pacific walruses off the coast of Alaska. Inset: in this aerial photo, some 35,000 walruses gather on shore near Point Lay, Alaska.
MAIN: U.S. FISH AND WILDLIFE SERVICE/THE ASSOCIATED PRESS; INSET: COREY ACCARDO/NOAA/THE ASSOCIATED PRESS

Weary walruses come to shore in record numbers

Pacific walruses that can't find sea ice for resting in Arctic waters are coming ashore in record numbers on a beach in northwest Alaska.

An estimated 35,000 walruses were photographed Saturday near Point Lay, an Iñupiat village more than 1,000 kilometres northwest of Anchorage, according to the National Oceanic and Atmospheric Administration.

The gathering of walruses on shore is a phenomenon that has accompanied the loss of summer sea ice as the climate has warmed.

Pacific walruses spend winters in the Bering Sea. Females give birth on sea ice and use ice as a diving platform to reach snails, clams and worms on the shallow continental shelf.

Unlike seals, walruses cannot swim indefinitely and must rest. They use their tusks to "haul out," or pull themselves onto ice or rocks.

THE ASSOCIATED PRESS

The walrus speaks

"The walruses are telling us ... that the Arctic environment is changing extremely rapidly and it is time for the rest of the world to take notice."
World Wildlife Fund's Margaret Williams

MetroTube

metro AR

The amazing underground race

ANDREW FIFIELD
andrew.fifield@metronews.ca

A while back, a London man took one of those Race The Subway To The Next Stop challenges, dashing his way to the sweet reward of collapsing onto the floor of a subway in an exhausted heap. Well, another Londoner named Anthony wanted in on the challenge. There's just one twist, however. Anthony uses a wheelchair to get around, which makes racing to a station that may not be terribly accessible — like many transit stations around the world — trickier than usual. (The Free Help Guy/YouTube)

GETTY FILE

Comments

RE: Half the World's Animals are Gone: The First Step is Admitting We're the Problem, published online Oct. 1, 2014

Fear not, I'm sure we have people in the field doing all they can to finish off the other half.
Maple Syrup, posted to metronews.ca

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 6 in News and page 49 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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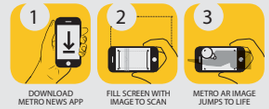

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The art freaks come out at night

Nuit Blanche. One of the city's most iconic hotels shows off its artistic history

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

It's been a first-stop for travellers, a last-stop flophouse and recently, a haven for the city's creative set. Through it all, the Gladstone continued to operate as a hotel. Its 125 years in operation make it the city's longest-running such establishment.

So it should come as no surprise that for the venerable building's Scotiabank Nuit Blanche exhibition, managing director of artistic projects, Britt Welter-Nolan, decided to take a page from the Gladstone's storied history.

Dubbed Gladstone 125 Then/Now/Next, local artists and community members created unique installations in several of the rooms on the hotel's second floor. Catch a glimpse of their work Saturday night as part of the annual citywide, free art extravaganza.

"The show was inspired by a desire to look back at some of our past," says Welter-Nolan.

After operating for several decades as a single-room occupancy building, the hotel was transformed in the early 2000s. Thirty-seven of its guest rooms were individually redesigned by artists.

She wants to keep many of the creations a surprise. But, she did highlight the Abstractus Collective. The group has stayed at the hotel several times, drawn by its welcoming atmosphere — a feeling they recreate through their performance.

"The hotel has always been this place for performers, artists, authors and creative types," says Welter-Nolan.

When it open in 1889, the Gladstone stood across the street from long-ago demolished South Parkdale railway station, making it a social hub. Although it fell on hard times, it remained privately run and continues to coexist within the community that's grown up around it.

"As our city changes and grows," says Welter-Nolan, "we need businesses that are ready to grow with it."

Exhibitions like Then/Now/Next, she says, help that relationship grow by asking Torontonians to consider our past, while thinking about our future.

GLADSTONE 125 THEN/NOW/NEXT AT THE GLADSTONE HOTEL, 1214 QUEEN ST. W. AS PART OF SCOTIABANK NUIT BLANCHE. SAT. 7 PM-SUNRISE. SCOTIABANKNUITBLANCHE.CA

Other happenings

Also at Nuit Blanche this year:

- **Clare Twomey: Piece by Piece.** The British artist uses the Gardiner Museum's porcelain galleries to explore the "dramatic tableau" of 18th-century Europe.
- **Texting Syria.** Liam Maloney's interactive exhibit at Queen and Strachan shows how refugees on the Syrian border use social media to communicate with loved ones.
- **Singing in the Dark.** Sing along with some of the greatest moments in film history at the TIFF Bell Lightbox.

The Gladstone Hotel celebrates its 125th anniversary with a special exhibit for Scotiabank Nuit Blanche. CONTRIBUTED

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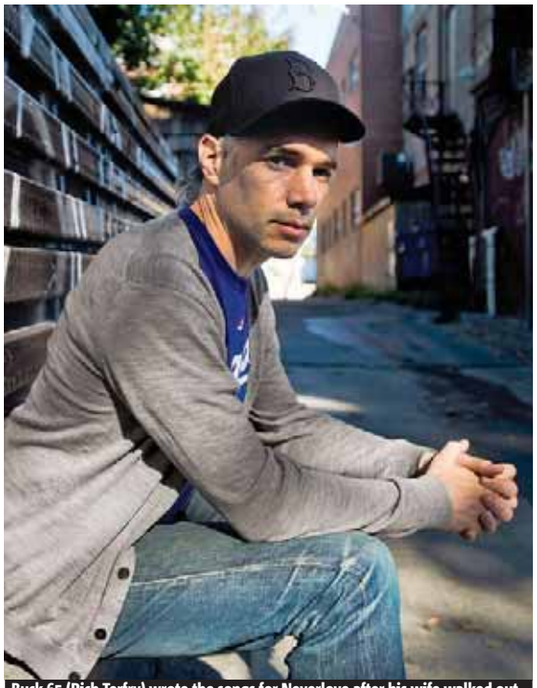
Buck 65 bares it all on divorce album



Buck 65 (Rich Terfry) wrote the songs for Neverlove after his wife walked out on him. NATHAN DENETTE/THE CANADIAN PRESS

Neverlove. Singer wonders if he can perform such raw songs as Baby Blanket or Love Will F— You Up

If you listened to Buck 65's newest record without knowing he was trumpeting it as his "divorce album," it wouldn't take long to figure it out.

First there's the cover, and its image of wilted flowers sitting on an unmade bed. Then there are the track titles: Heart of Stone, That's the Way Love Dies and Love Will F— You Up. And when you finally listen, the very first song, Gates of Hell, features the alt-hip-hop veteran trying his hand (or lungs) at scream therapy.

Of course, fans of the artist otherwise known as Rich Terfry will already know many of the details of his personal life. His website features a crushing first-hand anecdote about the day "a few years ago" when his wife left. He's also written a book on the subject. And he's discussing the entire ordeal in interviews to promote the record, out this week.

So among the questions put to him: Why be so specific about the real-life inspiration of Neverlove, when so many artists sing about personal material and then refuse to talk about it?

"I made the songs without really considering consequences, which is to say I wasn't even really thinking about the idea that people would hear it eventually," said Terfry, open and upbeat during a recent interview at a Toronto café. "And when I was confronted with that reality for the first time, admittedly, it was terrifying.

"(But) I've experienced the same thing as well, where you hear a record, it sounds like there's a lot going on, you want to hear what the musician has to say about it, and then they refuse to say anything or they get defensive, like: 'How would you like it if I asked you that question?'

"Well, you're putting yourself out there. Not me. I mean, it's ridiculous. So I feel that, in being a professional and having offered this thing up, I gotta be accountable for it and talk about it and support it."

Raw emotion

"I made the songs without really considering consequences ... I wasn't even really thinking about the idea that people would hear it eventually."

Musician Rich Terfry, on what he's calling his "divorce album"

As he prepared for interviews he figured would be emotionally trying, Terfry revisited the album and the feelings that inspired it — a strange experience, given that he is miles away from that headspace now.

In writing, the Halifax-born Terfry wanted to reflect his surroundings as he worked, spending most of his waking hours in his dark, empty house (literally empty, he points out, since his wife had taken her stuff with her when she left).

So aside from occasional excursions — for instance, super-silly dance-pop tune Super Pretty Naughty, crafted in concert with Swedish producer Marten Tromm, and the softly sung piano-pop tune Superhero in My Heart — the songs are busy, electronic and reflect his desire for an album that sounded "cold."

"As I have the tour looming ahead of me, I'm questioning, will I be able to perform these songs at all? Is a bar on a Friday night the right setting for a song like Baby Blanket? Is that what people want at midnight on a Friday?" he mused, referencing perhaps the album's most affecting track, seemingly written about the faded possibility of expanding the family.

"People have been granting me permission to do it," he added later. "I think they can appreciate that it takes some bravery on my part to do it. I made this thing and I have to go out and ... run this thing out there on the road.

"So this will be what this year is in an exercise: How much guts do I have?"

THE CANADIAN PRESS

Scientist finds relief for pain, without pills. Study shows natural extract effective

"Sending medication from the skin directly to the area just makes sense"
Dr. Joseph Gabriele Ph.D

A Canadian scientist may have discover a way that would change how we take medicine in the near future.

Dr. Joseph Gabriele Ph.D, went on a personal quest for answers to relieve his wife Sue's pain, but **his answer was not in a pill... it was in a cream.** Pills were not an option for Sue, due to the side effects that many of us can relate to.

In an effort to seek relief for his wife, Dr. Gabriele and his team developed a **powerful penetrating cream** that sends medication quickly to where it hurts.

Dr. Joseph Gabriele, Ph. D
Preparing for PEI Conference

"I was shocked to see how powerful this natural ingredient relieved pain"

A clinical study confirmed that the cream incredibly **absorbed the medication deep** enough to reach the affected area that finally gave his wife relief.

Dr. Gabriele then discovered in a medical paper, a common natural ingredient found in *buckwheat that was not so common,* called **"Rutin."**

This natural ingredient reduced inflammation and pain so significantly, he had to use it in his formula, now called **LivRelief Pain Relief Cream™**

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Flip side

Ex-wife liked the album, but only once

For those wondering about what his ex makes of all this soul-baring, well, you're not alone; Terfry wondered, too.

As he describes the initial breakup — on the album, on his website, in person — he came home from work to find his wife's wedding ring along with a note reminding him to feed the cat. By that point she was already on a plane heading elsewhere, and she didn't come back. He hasn't seen her face in years.

They did talk in the aftermath of the split, though, a daily indulgence that was both "comforting" and "detrimental." Although they eventually worked away from that regular communication, Terfry still felt as though he needed her to hear Neverlove.

"I was terrified to send it to her," he said, noting that some of the angriest songs were ultimately cut. "Some of them were tough — really, really angry. Anger directed sometimes at myself but sometimes at her.

"She's really smart. When I first met her, she was in school studying art history. She has this appreciation for art, and she already liked my music.

"I give her credit for (saying): 'I can put (aside) my own feelings about things to say I think you did some really good work here, but I can also see you're working through some things and that's good, you need to do that.'"

If she was hurt, he insisted, "the only thing she said was, 'I'm glad you sent that to me and I'm glad I heard it, but I don't think I'll be able to listen to that one again.'

"But it was important to me for her to hear it first," he explained. "And I hesitate to say (it was) to get her approval, but in a way, deep down, maybe that's what I was looking for. If she said, 'I'm not OK with this,' I'm not sure I would have been able to go on ahead and share it with everyone."

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David Tennant, left, as Det. Emmett Carver, and Anna Gunn, as Det. Ellie Miller, star in Gracepoint. ED ARAQUEL/FOX

Drug lord's wife is now a detective

Gracepoint. Breaking Bad's Anna Gunn co-stars in new adaptation of British murder mystery

How would you react if Skyler White pulled you over in a police car?

That became a reality for some L.A. residents when the actress who played a drug kingpin's wife on Breaking Bad put on a cop uniform and joined an officer for a ride-along.

Anna Gunn was preparing for her new role in Gracepoint, premiering Thursday on Global, in which she plays a small-town detective investigating a child murder. The two-time Emmy winner recalled shadowing the officer as he stopped and questioned several people.

"I was like, 'What if they're Breaking Bad fans?" she said with a laugh. "The officer said, 'Oh, no, that won't be a problem. You'll just say, 'Oh, I get that all the time."'

Gracepoint is the new adaptation of acclaimed British series Broadchurch. The show starred David Tennant and Olivia Colman as detectives in a picturesque community that is devastated after an 11-year-old boy is found murdered on a beach.

Tennant reprises his role as a crotchety outsider with a hidden past in Gracepoint, replacing his Scottish brogue with an American accent. Meanwhile, Gunn takes on Colman's role as the warmer Det. Ellie Miller, who has a family and strong roots in the town (Oak Bay, B.C., posing as northern California).

Gunn said she was "swept away" after binge-watching Broadchurch, and was immediately drawn to Miller.

"I really loved the duality in her character, the fact that she was really strong but confident," she said. "She's got a soft heart. She believes deeply in the goodness of people. I just loved that she had so many things going on at the same time ... She was trying to be a good mom and a good detective and a good wife."

Tennant recently admitted he was nervous to meet Gunn and see if he could recreate the strong working relationship he forged with Colman. Gunn agreed she felt anxious before meeting her co-star.

"I did feel a little bit of nerves, but they evaporated as soon as I met him," she said. "He's very funny and open. He's truly a lovely human being ... I think we just both approach working in a similar way."

On such a dark and dramatic series, she said it was important to both of them to find the humour between the two characters. The duo also found ways to lighten the mood on set, often singing the theme to Cagney & Lacey.

"It probably drove everybody else mad, but we seemed to find it amusing. Every single time he just cracked me up," she said with a chuckle. "Those days were so long. The story is so intense and heart-wrenching, you can't stay entrenched in that for 15 hours. It just depends on the scene, but in general it's very helpful to laugh and keep yourself loose."

She said she felt "so lucky" to work with Tennant after having such a close relationship with her Breaking Bad co-star Bryan Cranston. Gunn won her second Emmy in August for her role on the wildly popular series.

"It was the culmination of this tremendous journey and this amazing ride," she said of the recent Emmys, in which the show won five awards including outstanding drama series. "We just felt very, very lucky. It was a cohesive, tight, close-knit family."

The early episodes of Gracepoint are similar to Broadchurch, but it has a bigger-name cast, including Nick Nolte and Jacki Weaver, 10 episodes instead of eight and a different ending.

Canadian actor Kevin Zegers, who plays small-town reporter Owen Burke, said the show is "diametrically opposite to 95 per cent" of what's on television.

"It's like a really, really good movie that happens to last 10 hours," he said. "Whether I were in it or not, this would be a show I would be watching."

THE CANADIAN PRESS

Taylor Swift ALL PHOTOS BY GETTY IMAGES

Want to date Taylor Swift? Learn to ignore all those other guys with cameras

Taylor Swift is going to have to find a new source of inspiration for her songs because she's perfectly happy staying single for a while.

"Dating or finding someone is the last thing on my mind, because I can't picture how it could work with the way my life is," she tells British Vogue. "I don't know how a guy is supposed to walk next to his girlfriend when there are 20 men with cameras, and he can't protect his girlfriend because that's the life she chose."

Gotcha. We should expect lots of songs about the paparazzi in the future.

The usually creative Swift is apparently baffled by how to work a romantic relationship into this famous-person setup.

"I just don't see how it could work, so I don't think about it and I kind of run from it when it presents itself," she says, adding that men have still been trying to woo her. "They think that they would want to get to know me and maybe date me, but I don't think they want what comes with it."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Facebook films offer new dawn for frustrated Twilight fans

NED EHRBAR
Metro in Hollywood

Stephenie Meyer

You thought our Twilight days were behind us, didn't you? Well think again.

Series creator Stephenie Meyer (who would rather you not ask about Twilight follow-up the Host) is looking for five aspiring female directors to create short films for Facebook based on Twilight characters.

I'm honestly torn here. On the one hand, creating high-profile opportunities for aspiring female directors is awesome and should be encouraged. But on the other hand, Twilight.

I just don't know what to think.

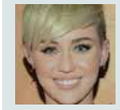
Adding some highbrow validity to the project? The panel that will be selecting those filmmakers: Kristen Stewart will be joined by Frozen director Jennifer Lee, original Twilight director Catherine Hardwicke, producer Cathy Schulman, Modern Family star Julie Bowen and Oscar winners Octavia Spencer and Kate Winslet.

And Lionsgate, the studio financing the whole deal, knows how to be vague and threatening.

"We think Facebook is a great way for us to introduce the world of Twilight to a whole new audience, while re-energizing existing fans," vice-chairman Michael Burns tells the New York Times. "This is just the beginning — a template, if you will. You can probably guess what's coming next."

Don't play coy with me, Burns. Just tell me that I'm not done covering Twilight films yet. Team Neither forever, yo.

Twitter



@MileyCyrus
Why do DJs play my songs at the club like I haven't done over 80 Bangerz tour shows and sang this song 10 billions times #overit

@MarkDuplass
Proceeding with the assumption that people are, essentially, good. Tomorrow should be interesting.

@pattonoswalt
Tonight my daughter said, "I don't think I hate anyone." Challenge accepted.

Gwyneth Paltrow

Gwyneth's mom wants to know how Martha could be so cruel

Hey, remember a couple of weeks ago when Martha Stewart called out Gwyneth Paltrow for aping her lifestyle guru shtick? Here's a refresher, just in case: "If she were confident in her acting, she wouldn't be trying to be Martha Stewart," Martha Stewart said. Well, Paltrow's mom, and longtime Stewart pal, Blythe Danner, is less than thrilled. The National Enquirer reports that Danner "asked Martha how she could say such a cruel thing about her daughter," a source says.

Stewart's response? She said that "she was just calling 'em as she sees 'em. Blythe was disgusted." They say you could feel the earth tremble in East Hampton.

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LIFE 3

Ex-panting your horizons: It's a new dawn for denim

Beyond blues. Fashion experts dish on five fresh fall denim styles for women

Women seeking to diversify their denim from traditional basic blues can expect to see fresh hues, prints and updates of popular styles in jeans on offer for fall. Denim experts dish on five fresh styles.

Black denim

After months of seeing jeans bathed in a range of hues, it's back to black in a big way for the colour that seems to transcend seasons.

"Black is essentially the new denim," said Gap Inc. spokeswoman Heather Hopkins. "It is the most wearable colour for many people, not just in terms of colour, but in terms of silhouettes and shapes and how it flatters one's body, too."

Toronto-based image consultant and personal stylist Lisa McLatchie offers a free copy of Denim DNA for visitors to her site (lisamclatchie.com), to help individuals select the best jeans for their body type.

As workers wear jeans more regularly to the office, McLatchie said a darker wash gives women a dressier alternative for day. What's more, it offers women who may be more self-conscious about the lower halves of their bodies another more slimming dark-hued option.

"It's even one step above the dark blue for minimizing areas they may be self-conscious of," McLatchie said.

Are you up on all the new ways of brandishing your bottoms? ISTOCK

Plaid

Pretty prints like florals and stars have lent eye-catching detail to denim in recent years. But tartans are also emerging as a statement-making pattern.

"I would say sort of the only rule with patterns is if a woman is a little bit curvier, she'd want to avoid patterns that have more straight lines in them. A plaid could be tricky for somebody who has fuller hips and is a bit curvier," said McLatchie. "Women with curvier lower halves would maybe want to stick with some sort of geometric print or abstract or floral, polka dots ... as opposed to lines and stripes and plaids."

McLatchie said when selecting prints, consider sticking with patterns that are in the same scale as body proportions.

"A lot of women think that if it's a larger print and they're a larger woman, they can't get away with it. But it actually is more flattering to do it that way."

When it comes to teaming printed jeans with tops, McLatchie recommends keeping the garment on the upper half of the body in a solid neutral. But women can still have fun and mix prints and patterns and a bold range of colours if they so choose, she noted.

Complement your curves

"A lot of women think that if it's a larger print and they're a larger woman, they can't get away with it. But it actually is more flattering to do it that way."

Lisa McLatchie,
Image consultant and personal stylist

"You can still go for things that still have a different texture that pick up a colour that's in the jeans, like a cable-knit sweater or mohair or angora," she said. "You're still adding some sort of visual interest and element with the texture as opposed to the pattern."

The boyfriend

The comfy boyfriend style offers a hybrid of both slim and relaxed styles, and a new variation on the horizon for fall is being offered with the cuffs pre-rolled. Nigel Seebaran, menswear buyer at Over the Rainbow, a premium denim boutique in Toronto, said the cuffed style pairs well with flats or cropped boots.

"I think it's a great look for the fall because it gives your denim a little more depth and a little more of that relaxed look," he said, noting that pairing the jeans with a looser shirt offers an "effortless chic."

Looking to dress up the boyfriend? Consider teaming them with a pair of wedges or heels, Seebaran said.

THE DESTRUCTED ALWAYS SKINNY JEANS ($79.95), FROM GAP AND THE 1969 PLAID ALWAYS SKINNY JEANS ($84.95) FROM GAP. GAP.COM

Distressed denim

Distressed denim is best for women seeking a more laid-back style. While it pairs well with classic runners, Seebaran said the look can be made more upscale with a pair of flats or shoes showcasing a bit of lift and flash.

"Dress them up with a great black bootie, which will give you a great contrast," Seebaran said. "For a great pop of colour, throw on your favourite heels with them. Just being able to have a little bit of stacking at the bottom with a nice skinny jean will give a great look."

THE ASSOCIATED PRESS

Let's hear it for the boys

While men may not have as vast a range of denim selections at their disposal as women, there are still ways for guys to shake up their ensembles while incorporating jeans into the mix.

- Fashion expert Glen Baxter said a cross-Canada survey conducted by Mark's found that the top reason men say they buy and wear jeans is for comfort. Baxter is collaborating with the homegrown apparel retailer to help men seeking to transition their warm-weather wardrobe into the cooler months with new denim.
- For men in need of an everyday pair of jeans for running errands, Baxter said a well-fitting, medium-wash pair or one in a relaxed fit are likely their best bets. But for a look that can translate to fit more upscale occasions, a darker-hued option may be the way to go.

Garment on the go

Who will you route for with new T-TC's?

Toronto residents can show pride in their favourite TTC ride thanks to new T-shirts designed by K9 strategy and design.

The collection includes T's featuring the 512 St. Clair, 510 Spadina, 501 Queen and 504 King street cars; the 510 Retro Spadina, 320 Yonge and 310 Bathurst buses; and a limited edition 320 Vomit Comet. More are planned.

Shirts retail for $30 and will be available at the soon-to-open Spacing Store, 401 Richmond St. W., and online at k9-sd.com

METRO

From the catwalk to behind the camera

Model media. Julia Restoin-Roitfeld directs short film for Stuart Weitzman campaign

For its latest short film, the shoe label Stuart Weitzman enlisted the help of a budding filmmaker: Julia Restoin-Roitfeld.

She has already been a spokesmodel for several luxury brands (Lancôme, Sisley, Givenchy) and is the daughter of one of the most respected names in fashion (Carine Roitfeld). But she's not stopping there.

Julia Restoin-Roitfeld decided to go behind the camera to direct Stuart Weitzman's fourth short film, Rock Roll Ride, in which models Poppy Delevingne and Dylan Penn present a few pieces from the fall-winter collection to the sound of the Lana Del Rey track Ride.

The brand's previous short film was directed by Nino Munoz and featured the actress Zoe Saldana.

AFP

Julia Restoin-Roitfeld FEATUREFLASH / SHUTTERSTOCK.COM

Trends Report

The recent whirlwind of fashion shows has got this reporter spinning with inspiration. Go online to Trends Report to see why I'm obsessed with this dress from Chloe's SS15 collection shown in Paris, and see how top designers are bringing broderie anglaise back into the 21st century.

- **Online.** metronews.ca/trends-report
- **Follow** Irene on Twitter @MetroIreneK and Instagram @kuanirene

Photo: **Getty Images**

Canadian street style

Spotted in: Toronto

Name: Chason

Age: 23

Occupation: Crocheter and student

What she's wearing:
All vintage from Toronto second-hand stores. Shoes, purse, and dress from Black Market on Queen St., frames from a kiosk in Kensington Market.

Her inspiration:
"I am inspired by bold prints, specifically Kente prints from West Africa."

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Legal Matters

Property transfer to daughter

My daughter recently turned 18 and for estate planning purposes I wanted to transfer an investment property into her name. What do I need to consider?

LEGAL MATTERS
Jeffrey Cowan
home@metronews.ca

The first thing you need to look at is if the property has an outstanding mortgage. If the property is mortgage-free, you can gift the property to her without any Land Transfer Tax. If there is a mortgage, you would have to pay this tax on the amount still owing on the financing.

Secondly, you have to consider the capital gains tax payable. If you have owned the property for quite some time, you would need to pay capital gains tax on the amount the property has increased in value (25 per cent). This can be quite a tax hit. It may be better for you to continue holding the property so that you don't incur the tax liability until it is disposed of (perhaps as an estate asset).

Thirdly, if your daughter doesn't own property anywhere in the world, then she will use her first-time homebuyer's Land Transfer Tax rebate. Because you are gifting her the property, there would be no tax but you are still only allowed to get that rebate once. So, you would be wasting this potential benefit on a transaction where no money changed hands.

Transferring property to loved ones can have big tax implications. Never do so without obtaining good legal advice.

Follow Jeff Cowan on Twitter @Cowan_Law or on the website cowanlaw.ca, or email him at jeff@cowanlaw.ca.

Canary District nears completion

New neighbourhood.
Front Street complex combines condominiums with student residences, a YMCA, a green roof and lots of retail space

CONDO TRENDS
Duncan McAllister
life@metronews.ca

This week, a group of journalists were given an opportunity to tour the nearly completed Canary District condominium project in the West Don Lands. One gets a true feeling of the extent of the project by walking through the complex of gleaming new buildings and wide open streets.

A flurry of activity is evident across the entire site, as hundreds of workers put the finishing touches on the project which has been under construction since the spring of 2012. We think Torontonians will be quite impressed when they get a glimpse of the new neighbourhood, which opens to the public next year.

Block 4 of the Canary District project in the West Donlands. CONTRIBUTED

A new section of Front Street will be lined with 40,000 sq. ft. of retail space on the ground floors of the project's residential buildings and feature public art and courtyards. The cafés, galleries and retail aim to galvanize the area and provide a range of options for shopping, dining, and playing.

As Jason Lester, president of Dundee Kilmer Developments says, "Up until now, people could only see from the Don Valley or the Gardiner. They'd get glimpses that there's a bunch of buildings and lots of activity down there. Once they start walking the streets and see the retail and the bustling of the animated cafés and restaurants, I think they're going to see that this is something very special, very unique to Toronto."

The Canary District and surrounding neighbourhood will feature six buildings in total. Currently there are two condominium residences in the finishing stages of construction: The Canary District and the Canary Park. During the Pan Am Games, the athlete's village will host approximately 10,000 athletes and officials from 41 countries.

In addition to the residences, George Brown College will open their first student residence, a 175,000 sq. ft. structure accommodating 500 students. As well, the new Cooper Koo Family YMCA complex houses a pool, gym and fitness centre. Its community-accessible green roof provides an additional 11,000 sq. ft. of outdoor space.

To ensure esthetic diversity, teams from four architectural firms were commissioned to design buildings reflective of their individual architectural styles.

"Jason and I have been in the trenches here since the start of the project," explains Kilmer Group chairman Ken Tanenbaum.

"We sought to bring the A-team together. Design was very important so we recruited Bruce Kuwabara and Peter Clewes, really the Toronto school of architecture in our minds."

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HOMES

Use moulding to create wall designs that showcase art or add textural interest. ISTOCK

Picture your perfect moulding pattern

DIY. Walls make a great canvas for designs made from moulding

Visualizing the perfect home renovation and actually doing it are two completely different things. More often than not, it's not as easy as the pros make it look. For instance, timing and costs can often be higher than expected.

Before losing hope, here is a small budget-friendly project with a big payoff: DIY moulding wall art. Instead of just using moulding to trim ceilings and door frames, this project shows how to use moulding to create wall designs that will command attention.

Renovation Realities

For more home renovation ideas catch brand new episodes of Renovation Realities, Saturdays at 10 p.m. ET/PT on DIY Network Canada.

Location, location, location

The first step to moulding wall art is selecting a room and a design type that will suit its style. The living room or bedroom is a great place to start this type of project.

Mount moulding on to the wall to outline a bed instead of a headboard or build a large frame to showcase other items like a painting or an accomplishment.

Cut the moulding accordingly to create diamond shapes and sporadically place them along the wall to decorate a bare area. Moulding wall art can be adapted to look great in any room.

Mix it up

Local hardware stores will carry a variety of mouldings. Select a style that has a lot of detailing for a more complex look or something simpler that you can put your own twist on.

There are no limits to styling and designing. Layer the planks to raise the moulding, use square panels to produce a checkered look, or cut different shapes to create a pattern. Let your creativity run wild.

Tips & tricks

Once a room and a design type have been selected, sketch out a plan on paper to help visualize the final product and determine measurements.

Consider using medium-density fibreboard as it tends to be less expensive and can be cut and shaped easily. When mounting the moulding, use a nail gun or hanging strips to avoid damaging the wall.

Be sure to paint the wood before mounting it to the wall. This will help prevent getting fresh paint on the walls, especially if it's a different colour.

When the project is complete, use sand paper, wood filler, and paint to correct and smooth areas.

Any way, shape or form

Moulding wall art can be adapted to look great in any room.

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LASH GROUP OF COMPANIES

Whole new wallpaper game

In print condition.
Fashionable archive inspires made-to-order wallpaper collection

Fashion label Eley Kishimoto is set to launch its inaugural wallpaper collection.

Building on the studio's 22 years of expertise in print-making, the new collection is a reworking of seminal prints from the label's clothing archive.

The screen-printed wallpapers comprise 12 unique designs ranging from bold, modern takes on traditional damask patterns to geometric-inspired prints and playful motifs.

Since being launched in 1992, Eley Kishimoto has gone on to become renowned for its fashion and interiors as well as its architectural and design collaborations across different disciplines.

The new wallpaper collection is made to order and available to buy online at eleykishimoto.com, retailing at approximately $290 per roll. **AFP**

More's the kitty

Vanity Cats is available in four colourways.
ELEYKISHIMOTO.COM

Who's the scaliest of them all?

Monster Skin is available in four colourways. ELEYKISHIMOTO.COM

The diagonal is cast

Light on Lattice is available in six colourways.
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DESIGN CENTRE
Karl Lohnes
home@metronews.ca

A luxury liner you can zinc your boots into

Keep it simple and sleek with an industrial zinc finish. The textured liner speeds up the drying time for wet footwear. Zinc Boot Tray with Liner, $50, CrateAndBarrel

Cause for thought

A message for a cause, designed by yours truly. Proceeds go to Breast Cancer research. Karl Lohnes' Queen doormat, $35, CarpetOne.com/Welcome-a-Cure

Feet and greet

Leave your formalities at the front door. Baroque Welcome Doormat, $15, Walmart.ca

In your neck of the woods

Modern birch stencilled on coir for the front door. Forest Floor Mat, $29, ZoneMaison.com

Diamonds under the soles of their shoes

Loft-style durability. Just roll it out and cut to size or go wall-to-wall in your foyer. Diamond Deck Metallic Graphite Door Mat, 3x5 ft., $38, HomeDepot.ca

A step in the bright direction

Completely washable with a burst of cheery colour. Chilewhich's Multi Shag Door Mat, $50, UrbanMode.com

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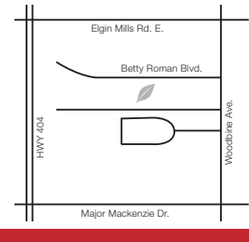

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Great views in all directions

The Key West condominium tower at Park Lawn and Lake Shore. CONTRIBUTED

Meet the condo

- **What.** Key West Toronto Condos
- **Builder.** Times Group Corporation
- **Architect.** Burka Architects
- **Location.** 36 Park Lawn Road
- **Building.** 44 storeys with 421 residential units
- **Sizes.** From 520 to 1,225 sq. ft.
- **Suites.** One bedroom and two bedrooms
- **Pricing.** Starting from the low $300,000s to the mid-$700,000s
- **Website.** keywesttorontocondo.com
- **Status.** Under construction, pre-selling phase

The project overview

Key West will be a 44-storey precast stone condominium tower with all-encompassing views of the city and lake, and the Humber River to the north. A separate low-rise retail centre will be developed concurrently with the condo tower.

Location and transit

The condo is situated where Park Lawn meets Lake Shore. It's a 10-minute drive to the heart of downtown Toronto. Both TTC and GO Transit connections are conveniently close, with the Gardiner Expressway offering fast access into or out of Toronto.

Building amenities

Social and recreational amenities are located on the ground and second levels of the residence, including a fitness room, yoga studio and a residents' lounge-party room with a bar, presentation kitchen, a dining room and billiards area.

In the neighbourhood

Superb shopping and international dining can be found in the area, as well as the Kingsway and Bloor West Village neighbourhoods to the north. It's a short stroll from the lakeside attractions of Marina del Rey, Humber Bay Park and the Martin Goodman Trail.

What's hot on the condo market

DUNCAN MCALLISTER

1. Etobicoke

Taste of Fall: Evolution Condos is hosting a celebration on Oct. 4 from 12 to 3 p.m. Check it out at the presentation centre at 5101 Dundas St. W., in Etobicoke.

CONTACT: 416-747-9691, EVOLUTIONCONDOS.CA

2. West Don Lands

Open house: Townhouse unit at River City condos in the new West Don Lands neighbourhood. Head on over to 47 Lower River St., Oct. 4 and 5 from 2 to 4 p.m.

CONTACT: JEN LASCHINGER, 416-322-8000

3. King West

Sales Event: The Bond condominiums in downtown Toronto's entertainment district is now offering special financial incentives. Visit the sales centre at 373 King St. W., Suite 302.

CONTACT: 416-546-7525, THEBOND.CA

New housing choice

Wood-frame midrise buildings are coming to Ontario, at last

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta, facebook.com/bildgta, and bildblogs.ca.

Last week marked a monumental time for the home-building and land development industry in Ontario as the province announced that it would amend the Ontario Building Code to allow the construction of wood-frame buildings up to six storeys.

The announcement was made by Ted McMeekin, minister of municipal affairs and housing, and represents a significant new housing choice for people looking to purchase a home in the GTA.

Under the current rules, wood-frame construction is restricted to only four storeys, which means the homes our members can build using this technique are mostly limited to townhomes. An additional two storeys will open up the opportunity to build midrise condominiums and represent a major step in achieving the intensification targets of the provincial growth plan.

Wood-frame midrise buildings can help open up new possibilities for the 160 kilometres of urban corridors within Toronto, with potential to create several hundred thousand homes to accommodate our growing population.

These new homes will reduce our carbon footprint, are safe, durable, esthetically appealing, and will add density along transit corridors to help pay the operational costs of our subways.

For almost the past two years, BILD has been working closely with the Ontario Home Builders' Association (OHBA) and the Residential Construction Council of Central Ontario (RESCON), advocating for this new, progressive building option. It has been a great experience working in collaboration with our industry partners and I want to thank them for all their hard work on this important industry issue.

The changes to the Ontario Building Code are set for Jan. 1, 2015 and BILD is looking forward to working with our municipal partners to ensure that we see the implementation of this exciting initiative.

This marks a big win for the industry, new-home purchasers and every resident in the GTA.

More opportunities for growth

An additional two storeys will open up the opportunity to build midrise condominiums and represent a major step in achieving the intensification targets of the provincial growth plan.

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Shed the best possible light on your kid's homework

Illuminate their world. Keeping kids' spaces functional will make studying time much more productive

If you can't imagine how your kids can possibly see well enough to do their homework as they sprawl out on the floor, their beds or the couch, fear not: Though good lighting for the homework hour (or hours) is often forgotten, it is simple to achieve.

"Sometimes we get so focused on making the room look cute, we can overlook the importance of the spaces having to function well," says Chicago designer Ruthie Stebbins of RHS i + d.

Lighting options are plentiful at any budget, and online shopping can help you narrow the options.

"(You) can always find something pretty at any price point," said Stebbins.

"It's out there."

The Serena & Lily Studio Task Lamp. Good lighting for the homework hour (or hours) is often forgotten but easy to achieve. SERENA & LILY/THE ASSOCIATED PRESS

Seeing clearly makes learning easier

It stands to reason that kids will be more productive and efficient when they can see clearly.

"The more easily you can read something, the more easily you can learn it," said Dr. Pamela Gallin, a pediatric ophthalmologist at New York-Presbyterian Hospital. "Good light will help you learn more easily."

A well-lit room

Light should be bright enough to be comfortable; if kids are moving away from it or squinting, it's likely too bright. It should not cast distracting shadows, and should illuminate an area beyond the work at hand, rather than serving as a high-contrast spotlight, Gallin said.

"The ideal is a well-lit room with extra light at the homework page," she said. "You don't want an island of light in a sea of dark."

Reading under the blankets

However, the age-old way to sneak in just a few more pages before bedtime won't hurt them.

"If they're reading a book under the blanket with a flashlight, they're not doing any harm," Gallin said, although not being able to see clearly or straining to see could cause a headache.

Without good light, "you're not causing physical harm," she said, "but you're not at tip-top productivity, either."

Layered light adds function

Stebbins says that layering the light — that is, using more than one light source in a room — boosts the esthetics and functionality of a space.

In a child's bedroom or playroom, she likes to use a flush or semi-flush ceiling fixtures or recessed lighting to evenly light the room and eliminate high-contrast areas — bright and dark spots in a room. Then, she illuminates the space where a child is working with a lamp.

Layered light "adds to overall ambiance and warmth of the room," said Stebbins.

Opt for desk lamps of 60 watts or more

If your child sits at a desk, look for a lamp with at least 60 watts of light and tall enough to cover a wide-enough area to avoid the spotlight effect, Gallin said.

Choose paper or linen shades

Lamps for the floor and the desk are commonly turned out with metal shades, but Stebbins prefers paper and linen shades because they lower the contrast by diffusing the light.

Direct light with multiple-bulb floor lamps

If your kids study or read on the floor or couch, try parking a floor lamp behind them to wash their textbooks in light. "If you're not sitting at a desk or flat surface, then you want over-your-shoulder light," Gallin said.

As with a desk lamp, the scale of a floor lamp is important. If a child is reading while lying on the carpet or plopped in a beanbag chair, the light shouldn't be too far from the floor.

"You want to keep the light directed within 24 inches of those pages," Stebbins said. "If her knees are the surface, you might be looking for a floor lamp that has multiple bulbs you can direct around."

THE ASSOCIATED PRESS

Contrast and computers

With so many kids using computers for school, parents should take extra care to keep the contrast low in the homework space.

- "The environment should be as soft and evenly lit as possible so the high contrast on the screen isn't exaggerated by a high-contrast light in the room," Stebbins said.

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Where the wild tulips are king

This delicate flower is much tougher than it looks: Tulipa tarda is a stellar repeat bloomer when planted in full sun and well-drained soil. COLORBLENDS/THE ASSOCIATED PRESS

Spring bulbs. Wild tulips are hardier and bloom longer, thriving where familiar hybrid varieties struggle

Maybe it's time to rethink the way we landscape using tulips.

True, the familiar, large, goblet-shaped blooms make a colourful springtime splash grouped in beds and pots. But those hybrids are softies compared to their wild ancestors — species tulips growing in unforgiving sites from Algeria to China. They thrive in problem areas.

Sturdier than their classic cousins

Tulips are not native to Holland, but growers there over the past 400 years have built an industry around developing hybrids for the commercial trade. Their classic tulips perform best with fertile soil and an ample moisture supply.

That's not the story, however, with clones of the botanical or species tulips. Those you can plant and forget. Neglect them. Sear them under the sun. Simply scratch the small bulbs into some gravel or tuck them into rocky crevices and they'll survive that austerity just as they have the harsh, hardscrabble mountain conditions of Afghanistan, Switzerland, Kazakhstan, Turkey or Mongolia.

...and they're very adaptable

"Wild tulips are better adapted to difficult conditions," said Christian Curless, a horticulturist for the flower bulb company Colorblends.com.

"They're happiest with parched conditions in summer — places where the grass dries up," he said. "These are the kinds of flowers you can plant in a rock garden or elevated a little bit for good drainage."

Botanical tulips differ visibly from their hybrid progeny.

"They tend, in general, to be smaller — finer in flower and in foliage," Curless said. "They have more of a starry-eyed look to them."

Wild tulips have been trendy in Europe since they were introduced by botanical expeditions in the early 20th century, said Eric Breed, a Dutch bulb expert and tulip hunter. "Also, in the U.S.A., they have been popular since the 1960s and '70s when large numbers became available from nurseries in Holland," he said.

Plant early in the fall

Like most spring-blooming bulbs, species tulips should be planted in the fall. Get them in the ground early enough so their roots can develop before the soil freezes.

Skip the fertilizers and go easy on the watering. "Moisture can be a problem," Curless said. "Too much love."

Long-lived blooms

Species tulips aren't perennials but they do live longer than the familiar standard varieties, with bulbs producing blooms through at least several seasons. Their bloom period ranges from early spring well into June. They perform best in USDA Zones 3 to 7.

Shop for labels specifying the genus Tulipa, about 100 species of which have been cloned for domestic use.

Animals love wild tulips, too!

One caution: Although species tulips are better at handling harsh growing conditions than are most modern-day tulip hybrids, they're just as vulnerable to predation.

"In my (Connecticut) garden, chipmunks devastate them," Curless said. "So will deer, voles and squirrels if they know where they are."

THE ASSOCIATED PRESS

Hitch your garden to a star

"(Wild tulips) have more of a starry-eyed look to them."

Christian Curless, a horticulturist for the flower bulb company Colorblends.com

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Market roundup

COMPILED BY GEORDON OMAND

Metro takes a cross-Canada trip to find out how far $350,000 to $400,000 will go in today's housing market

Halifax

The listing for this designer home, minutes away from downtown Halifax, promises to take your breath away. The three-bedroom property boasts hardwood floors, an open-concept living room, and an abundance of natural light. Besides a fabulously functional kitchen, the deceptively large home includes a Veissman furnace and heating system. Asking price is $399,900.

LISTING: EXIT REAL ESTATE PROFESSIONALS

Vancouver

Living in the heart of Vancouver is achievable with this 635-square-foot, one-bedroom, one-bathroom condominium apartment. Located on the ground floor of a four-storey complex in the Kitsilano neighbourhood, this open-concept condo includes a north-facing patio, new appliances, ensuite laundry, and a single parking stall. Shopping, restaurants and the beach are all within easy walking distance. Asking price is $356,000.

LISTING: SUTTON WEST COAST REALTY

Toronto

Located in the district of Scarborough, in Toronto's northeast corner, this three-bedroom, two-washroom, end-unit townhouse includes 12-foot ceilings in the living room, a fireplace, and a pool. Asking price is $352,888. Nearby amenities include a park and public transit, as well as a masjid and a church. The property also includes an attached garage with a private driveway.

LISTING: ROYAL LEPAGE REAL ESTATE SERVICES LTD.

Calgary

This recently renovated family home is located on a pie-shaped lot in a quiet cul-de-sac in the north-east corner of Calgary. With four bedrooms and two washrooms, this "cowtown" property boasts a fresh paint job and new carpets. Stainless steel appliances seal the deal for this quaint residential bungalow. Asking price is $354,900.

LISTING: RE/MAX IREALTY INNOVATIONS

Ottawa

A wood gazebo on a two-tiered patio overlooking a backyard garden is just one of the many elegant features of this three-bedroom, three-bathroom, ranch-style home in the east Ottawa community of Chateauneuf. A vaulted-ceiling living room, gas fireplace, hardwood dining room floors, and granite kitchen countertops only add to the luxury. Asking price is $379,900. Built in the mid-1980s, the furnace and air conditioning were installed in 2008, and the roof was reshingled just two years ago.

LISTING: RE/MAX METRO CITY REALTY LTD. BROKERAGE

Regina

This spacious five-bedroom, three-washroom home in Regina's south end offers more than 2,000 square feet of space to accommodate a growing family. An 18-by-12-foot, four-season sunroom overlooks a park-like yard, which was featured in a local 2014 Secret Garden Tour. Built in 1964, the asking price for this property is set at $399,900.

LISTING: RE/MAX CROWN REAL ESTATE

What's behind the mortgage payment?

House poor. There's more to think about than one monthly payment — those hidden, unexpected costs can creep up

JON TATTRIE
For Metro

Buying a house is likely the biggest financial move of your life, but it's the unexpected after-costs that can leave you house poor.

Paula Langille, a Halifax realtor with Royal LePage, urges clients to think not just about the full cost of the house, but also the monthly costs. Sure, you can borrow $400,000, but can you cover that monthly payment? Now add on heating, power, water, taxes and utilities. Can you still comfortably cover it?

"Talk to a mortgage specialist and realtor," she says. "Find out what costs to expect."

If the house requires work upfront, look at a mortgage, plus improvements. The lender adds the costs of a new roof, floors, etc., onto the mortgage, meaning you don't need to take a second loan out a few months after buying your house.

Langille warns clients they can expect to feel like an ATM on closing day, as you pay the downpayment, moving expenses, deed transfer tax, and the costs of connecting your new home to the phone, Internet, and so on. Your savings will dwindle quickly.

Unexpected costs can leave you house poor. SHUTTERSTOCK

William Taylor, a Century 21 real estate agent in Kingston and formerly Toronto, runs RealtyDrama.com, a site dedicated to things going wrong in real estate. His first recommendation, not surprisingly, is to find a good real estate agent. Toronto has about 38,000 agents, but he says 17,000 of them sell just one house a year.

Get a good home inspector, too. The inspector will hopefully spot any major problems, and a good one will give you a list of what you can expect to replace in the coming years.

"It's easy enough to say my monthly payments are going to be this, but if all of a sudden the furnace breaks down, the roof starts leaking and there are major issues," you might be in trouble, Taylor warns.

Each market is different. In highly active markets like Toronto, Montreal, Calgary and Vancouver, people often buy up the property ladder. But in quieter markets like Kingston, Taylor's clients tend to buy and stay for decades. Make sure the market can support your plans.

Basement rentals

Renting your basement can help cover the bills, but can lead to trouble. Real estate agent William Taylor says many basement rentals aren't legal. "If you have a problem with the tenant, what's the first thing they're going to do? They let the proper authorities know that you're renting an illegal apartment," he said.

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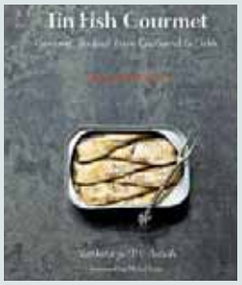
Cookbook of the Week

Tin fish gets exciting

There is no reason why you can't use canned fish to make appetizers and entrees. In her book Tin Fish Gourmet, Barbara-jo McIntosh shares a range of recipes that are perfect for students, those on a budget or those with time constraints. Among the included dishes are Oyster Pot Pie, Corn and Salmon Fritters, Asian Shrimp Stir-Fry, Swiss Chard and Salmon Lasagna, and more. METRO



Life for canned fish goes beyond tuna casserole

Roasted Mackerel with Spanish Mash and Fried Leeks.
Bursting with flavours, this dish is surprisingly easy to put together and even easier to eat

This recipe serves four to six. TRACEY KUSIECWICZ/FOODIE PHOTOGRAPHY

"On a recent trip to Barcelona, I enjoyed this mash at a tapas bar located in the grandest food market I have ever visited," writes Barbara-jo McIntosh in her book Tin Fish Gourmet.

"I was so in love with the market — and with this particular tapas bar — that I ate lunch there on each of the four days I was in the city."

Spanish Mash

Ingredients

Spanish Mash
- 2 large carrots, peeled and chopped
- 1 medium Russet potato, peeled and chopped
- 1 clove garlic, peeled
- 2 large leaves Swiss chard, washed and cut into strips
- 2-3 tbsp Spanish olive oil
- sea salt and freshly ground black pepper, to taste

Roasted Mackerel
- 2 tbsp butter
- 1/4 tsp smoked paprika
- 4.4-oz (125-g) tin mackerel fillets in vegetable oil, drained
- Sea salt and freshly ground black pepper, to taste

Fried Leeks
- 2 tbsp vegetable oil
- 1/3 cup (80 ml) thinly sliced leeks

1. Preheat oven to 200 F (93 C). Warm a casserole dish in oven.

2. In a large pot of boiling water, boil carrots for 4 minutes. Add potatoes and garlic, and boil for another 13 minutes. Add Swiss chard and boil for another 3 minutes. When carrots and potatoes are tender and ready to mash, remove pot from heat and drain.

3. In a food processor, briefly blend cooked vegetables with oil, salt, and pepper (do not over-process; a little texture is both pleasing to the palate and rustic to the eye). Taste for seasoning. Place in warmed casserole dish and cover.

Roasted Mackerel

1. Preheat oven to broil, with rack in middle.

2. In a stainless steel (ovenproof) frying pan on medium heat, melt butter. Stir in smoked paprika. Place mackerel fillets in pan, turning until completely coated. Place in oven and roast until brown and bubbly, 3 minutes. Season to taste with salt and pepper.

Fried Leeks

1. In a small cast-iron frying pan on medium-high, heat oil. Add leeks and fry for 2–3 minutes, or until crispy, then drain on paper towels.

2. Divide Spanish Mash between two serving plates. Place roasted mackerels on the mash, and top with crispy leeks. FROM THE TIN FISH GOURMET: GREAT SEAFOOD FROM CUPBOARD TO TABLE BY BARBARA-JO MCINTOSH. (ARSENAL PULP PRESS, 2014).

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Women's World Cup

Star players file lawsuit over artificial turf

A group of elite players has filed a lawsuit in Canada challenging plans to play the 2015 Women's World Cup on artificial turf.

The players, led by U.S. women's national team forward Abby Wambach, filed Wednesday in the Ontario Human Rights Tribunal in Toronto, lawyer Hampton Dellinger told The Associated Press.

The women claim that playing the sport's premier tournament on fake grass amounts to gender discrimination under Canadian law. Their male counterparts have always played the World Cup on natural grass surfaces, and will for the foreseeable future.

The players say they believe there is a greater risk of injury on turf and that an artificial surface impacts both how the game is played and how the ball behaves.

Among the athletes joining Wambach are U.S. teammate Alex Morgan, Germany's Nadine Angerer, Brazil's Fabiana Da Silva Simoes and Spain's Veronica Boquete.

"The gifted athletes we represent are determined not to have the sport they love be belittled on their watch. Getting an equal playing field at the World Cup is a fight female players should not have to wage but one from which they do not shrink. In the end, we trust that fairness and equality will prevail over sexism and stubbornness," Dellinger said in a statement.

THE ASSOCIATED PRESS

Maple Leafs find time to bond off ice

Team-building getaway. Buds take a break after playing seven pre-season games in nine nights

Phil Kessel, right, and Tyler Bozak share a laugh during the Leafs and Legends Charity Golf Tournament last month. The Maple Leafs hit the links again, as well as the paintball field and a CrossFit gym during a team-building getaway this week. TARA WALTON/TORSTAR NEWS SERVICE

Team building comes with a lot of good laughs — and some sweat and grit too.

The Leafs discovered their three-day getaway to Collingwood — while loaded with golf and paint ball outings — required some time at a local CrossFit gym owned by one of their own, ex-NHLer Scott Thornton.

"There was a lot of Olympic lifts and explosive movements, and stuff to get your cardio up," said Nazem Kadri as the Leafs exited CrossFit Indestri, Thornton's gym at the rear of an industrial building near the Blue Mountain ski hills.

The players have been all smiles since they arrived Monday night after their pre-season game in Detroit. For the most part, they've spent time with each other in meetings and group sessions designed to let the players speak about subjects that aren't necessarily brought up at the rink.

They haven't been on the ice since that game in Detroit, although that will change Thursday with a full-out practice at a local rink. There was a visit to the Wasaga Beach Paintball field Tuesday, followed by down time together and a team dinner.

But a day or so of fun, away from the rink, has been the focus of the getaway. Paintball, for instance, presented some rather unique opportunities.

"Would I take the shot (at coach Randy Carlyle) in paintball … yeah, I would for sure," Nazem Kadri said, laughing.

"Fortunately for him he was on my team."

Kadri was also laughing when he said captain Dion Phaneuf "plays a fair bit in the summertime so he's pretty good at (paintball) … but Phil (Kessel) was hiding behind a couple of guys."

That kind of activity was part of a plan by Carlyle and his coaching staff back in July when they were mapping out pre-season team strategies. With seven games in nine nights during the pre-season, and then a break of three days before the final tune-up game Friday, Carlyle looked to Collingwood for a team getaway.

TORSTAR NEWS SERVICE

Cutting down to 23

It will be back to the business of trimming the roster Friday, when the Leafs play their final pre-season game.

- With 28 players still in camp, and several injuries giving three young players making strong cases for an NHL job, Carlyle still has a difficult choice process ahead of him to reach the 23 man season-opening roster limit.

Will Galaxy bring TFC back down to earth?

Head coach Greg Vanney and Toronto FC will look to push their undefeated streak to four games against the L.A. Galaxy. COLIN MCCONNELL/TORSTAR NEWS SERVICE

With his team riding a three-game undefeated streak and aiming for the playoffs, Toronto FC head coach Greg Vanney would love to keep the momentum going.

But he also says it wouldn't be a disaster if the Reds don't beat the high-flying Galaxy in L.A. on Saturday night. If they do manage to squeeze out a point, it would be gravy.

"I don't think the Galaxy game is the most important game of our next five. I think we've got to win our Eastern Conference games. If we do, then we'll position ourselves for the playoffs," said Vanney, whose side has five games remaining in the regular season. Three are against Eastern rivals, including one against the New York Red Bulls. Toronto's just a point back of fifth-place New York with a game in hand. The top five in each conference earn a spot in the post-season.

Last weekend, TFC rallied to edge Portland 3-2 after crushing Chivas USA the previous week. The streak started with a 1-1 draw against Chicago.

The Galaxy are tied for first in the Western Conference with 57 points and boast a potent attack led by Landon Donovan, the former U.S. international, and ex-English Premier League star Robbie Keane. TORSTAR NEWS SERVICE

Stiff competition

27

Landon Donovan (10) and Robbie Keane (17) have accounted for 27 of the Galaxy's 63 goals this season.

4 SPORTS

Women's basketball

Canada on to quarter-finals

Canada locked up a quarter-final berth at the FIBA women's world basketball championship Wednesday with a 91-71 victory over the Czech Republic.

Kim Gaucher of Mission, B.C., led Canada with 17 points. Canada will play Australia on Friday.

THE CANADIAN PRESS

21st straight win

Pospisil falls to Djokovic in China

Novak Djokovic extended his winning streak at the China Open to 21 straight matches, beating Canada's Vasek Pospisil 6-3, 7-5 under the roof on centre court on a cold, rainy Wednesday.

The No. 1 Djokovic has only lost three sets en route to four straight China Open titles. THE ASSOCIATED PRESS

Novak Djokovic
THE ASSOCIATED PRESS

NFL

Orton to start against Lions

It didn't take quarterback Kyle Orton long to make a distinct impression in his first practice as the Buffalo Bills' starter on Wednesday.

It's on Orton to provide a spark to what's been a sluggish offence on Sunday, when the Bills (2-2) travel to play the Detroit Lions (3-1).

THE ASSOCIATED PRESS

Tigers' magic pitchers take on Orioles' top bullpen

AL Division Series.
It's 35 playoff games under their belt on one side against 211 home runs on the other

The Detroit Tigers' starting pitchers in the first three games of the AL Division Series have a combined 329 wins, three Cy Young Awards and 35 games of post-season experience.

Baltimore's starters carry less impressive credentials, yet they don't necessarily have to outpitch their Detroit counterparts for the Orioles to advance.

All they have to do is keep it close, then hand the baseball over to one of the best bullpens in major leagues.

Detroit (90-72) didn't win as many games as the Orioles (96-66), who ran away with the AL East title to earn home-field advantage in the best-of-five series that begins Thursday. But the AL Central-champion Tigers have been installed as a slight favourite, mainly because of their formidable starting rotation.

Max Scherzer (18-5, 3.15 ERA) starts on Thursday, followed by Justin Verlander (15-12, 4.54) and David Price (15-12, 3.26). That also happens to be a list of the last three AL Cy Young winners.

Advantage, Detroit?

"I think we all know what it looks like on paper," Orioles manager Buck Showalter said Wednesday. "But there's a lot of things that look a certain way on paper for us that we were able to overcome."

Orioles right-hander Chris Tillman (13-6, 3.34 ERA) will make his first foray into the post-season in the opener. Although Showalter declined to announce his starters for Friday and Sunday, they will likely be Wei-Yin Chen (16-6, 3.54) and Miguel Gonzalez (10-9, 3.23), each of whom has pitched in exactly one playoff game.

"Britton, from what I've seen, his ball's moving all over the place," Tigers outfielder Torii Hunter said. "They've got a nice little bullpen over there. We've seen some dirty pitching (in the AL Central), so I don't think it will be new, but it will be tough. Those guys are good."

Scherzer, meanwhile, hasn't faced the Orioles since June 17, 2013. He knows this much: Baltimore led the majors with 211 home runs, so the right-hander had better be careful.

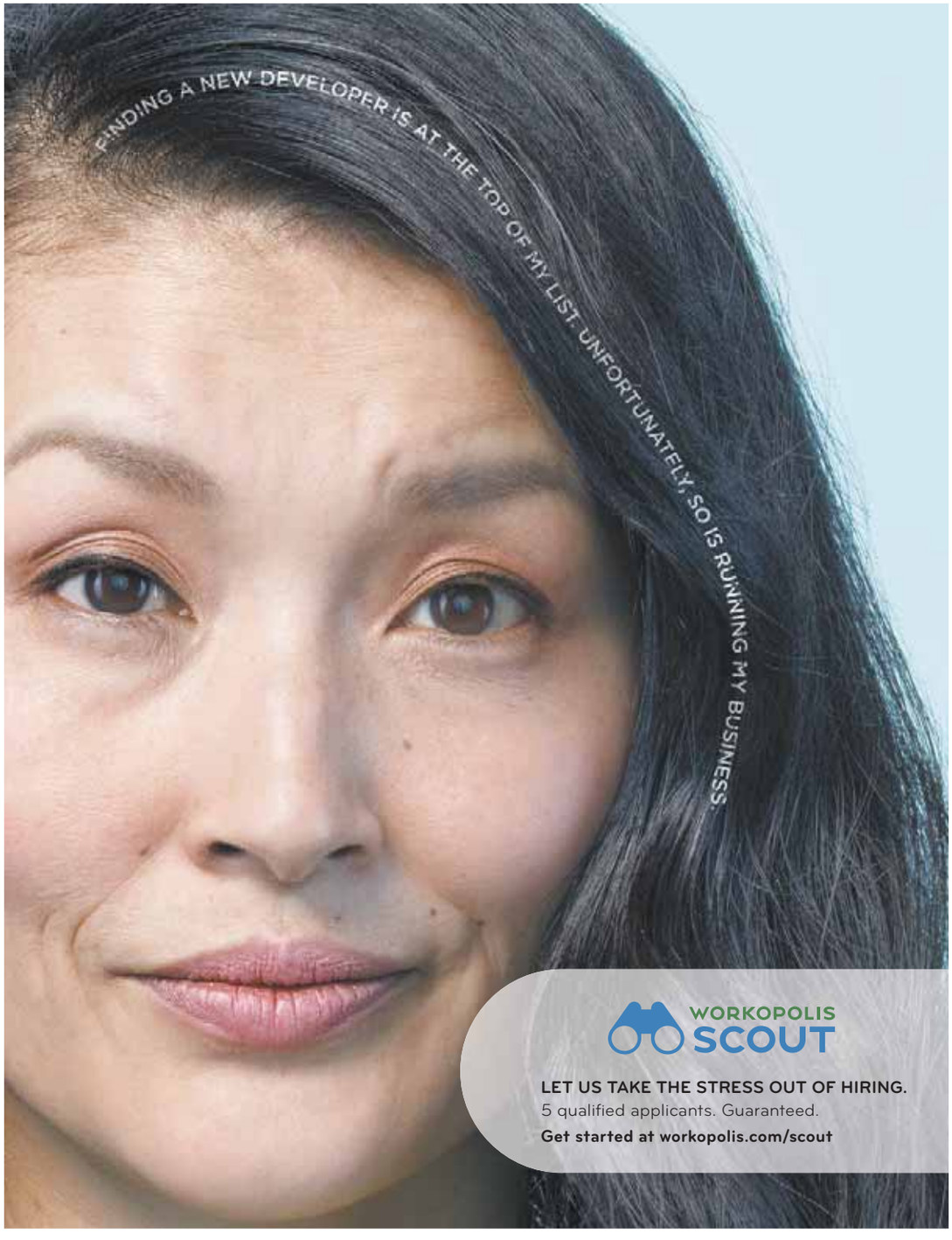
"A team that swings the bat like that, they're dangerous," he said. "They're dangerous one through nine. They need to have a good game plan against me and I need to have a good game plan against them."

THE ASSOCIATED PRESS

Wild-card Wednesday

Go to metronews.ca for coverage of Wednesday night's National League wild-card game between the Pirates and San Francisco Giants in Pittsburgh.

Detroit Tigers manager Brad Ausmus, right, chats with pitcher Max Scherzer during practice Wednesday, in Baltimore. PATRICK SEMANSKY/THE ASSOCIATED PRESS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metro AR Real Madrid's Karim Benzema is congratulated by teammates after scoring the game-winning goal against Ludogorets Razgrad on Wednesday in Sofia, Bulgaria. Scan the image with your Metro News app for more Champions League results from around Europe. DIMITAR DILKOFF/AFP/GETTY IMAGES

Galácticos barely sneak past UEFA minnows

Champions League. European giants claw back to top Bulgarian upstarts Ludogorets

Real Madrid's 10 European titles were no protection on the road in the Champions League on Wednesday.

Real Madrid trailed early against Bulgarian newcomer Ludogorets Razgrad, which was only formed as a club 13 years ago — in the same season the Spanish giant won its ninth title.

After Ludogorets' stunning sixth-minute opener, Cristiano Ronaldo had a penalty saved and then scored with a second spot-kick in the 24th, before Madrid got substitute Karim Benzema's 77th-minute goal to force a 2-1 win.

"We played as equal to Real and I am delighted with our performance," Ludogorets coach Georgi Dermendzhiev said.

THE ASSOCIATED PRESS

Race to catch Raul

69

Cristiano Ronaldo had a 10th-minute penalty saved by goalkeeper Vladislav Stoyanov, but soon got a second chance to convert and closed in on Raul Gonzalez' record of 71 Champions League goals in the group stage and knockout rounds. Ronaldo has scored 69 goals and leads Lionel Messi by one in what promises to be another season-long duel.

Winter Olympics

Oslo pulls bid for 2022 Games

The Olympics that no one seems to want is down to just two candidates.

Oslo became the latest city to drop its bid for the 2022 Winter Games after the Norwegian government rejected financial backing for the project on Wednesday amid concerns the games were too costly — a decision the IOC said was based on "half-truths and factual inaccuracies."

Oslo's exit leaves Beijing and Almaty, Kazakhstan, as the only two contenders.

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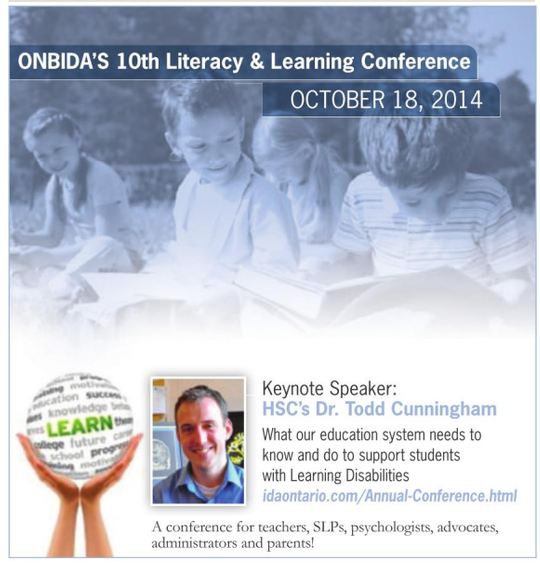

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No one doubts your dedication but are you dedicated to the right goals? The planets warn you should not aim at a particular target just because you think it is expected of you.

♉ Taurus
April 21 - May 21
Don't wait for permission to do something you know is right. Even the most agreeable Taurus should be more assertive when there is a higher good at work.

♊ Gemini
May 22 - June 21
You can afford to take a risk today where affairs of the heart are concerned. Don't be afraid to reveal your innermost feelings to the one whose affections you are after.

♋ Cancer
June 22 - July 23
A positive attitude is often enough to turn the tide, so look on the bright side of today and don't worry about tomorrow. The surge of confidence you feel should be enough to see you through this difficult phase.

♌ Leo
July 24 - Aug. 23
Sometimes change can be the best possible thing to happen. Bear that in mind today if you feel that things are moving fast.

♍ Virgo
Aug. 24 - Sept. 23
You don't like to see people you care for make fools of themselves but it seems they are pretty determined about it, so what can you do?

♎ Libra
Sept. 24 - Oct. 23
There is an easy way and a hard way to get to your destination. The easy way is to co-operate with people you don't always get along with. The hard way is to try to do everything yourself.

♏ Scorpio
Oct. 24 - Nov. 22
It seems you are having second thoughts about a project. Yes, it's going to be tougher than you expected. Have faith in your abilities and be willing to work harder than everyone.

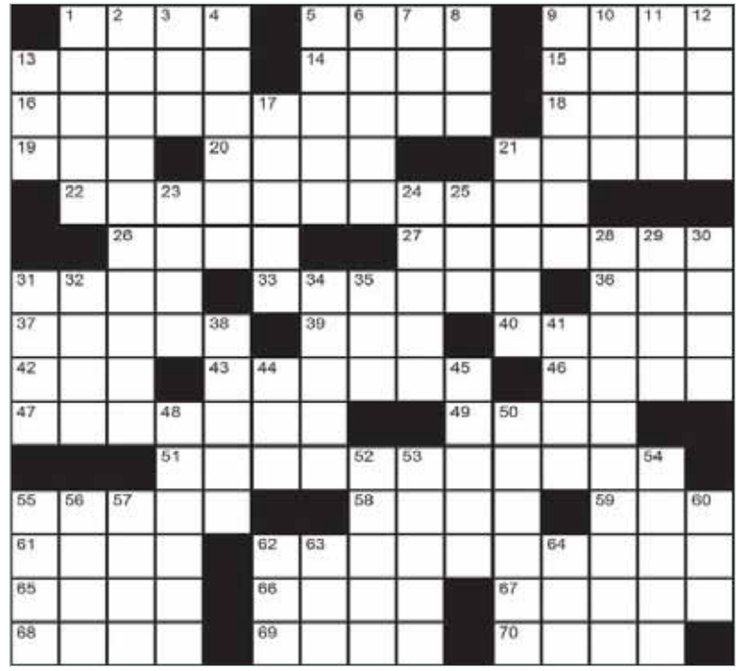
♐ Sagittarius
Nov. 23 - Dec. 21
There are some things that can only be done as part of a team. You may be eager to get things started but until those you work with are ready to begin, you won't make much progress.

♑ Capricorn
Dec. 22 - Jan. 20
Even the most ambitious of Capricorns will be at peace with the world today. No matter how much you are provoked you cannot be bothered to react.

♒ Aquarius
Jan. 21 - Feb. 19
The Sun and Venus in one of the best areas of your chart means you can see the positive side of most situations. Have a laugh.

♓ Pisces
Feb. 20 - March 20
Act on the assumption that there is no such thing as chance. If something unusual happens today there is sure to be a reason for it and your job is to find out what it is.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Belonging to "The Silence of the Lambs" (1991) gr.
5. Mine passage
9. Plundered, archaically
13. Guitarist Ms. Boyd
14. Art __
15. Gulf leader [var. sp.]
16. They're still flying with the same design since 'No' won in Scotland: 2 wds.
18. Fodder tower
19. Gladiator's 250
20. L'amour ___ vie (Love of my life)
21. Mr. Goat
22. Song in which #65-Across has "been a miner": 3 wds.
26. Oman money
27. Enjoy yourself: 2 wds.
31. Target
33. Personhood proof: 2 wds.
36. "__ Maria"
37. __ Loops (Kellogg's cereal)
39. Chicago building, __ Center
40. Dealership delivery?
42. 'Ear'-meaning prefix
43. Honda luxury cars
46. Aloud
47. Cute baking/serving bowl
49. Math class [abbr.]
51. Annabelle in new horror flick "Annabelle" (2014) is a what?: 2 wds.
55. Poe's bird
58. Ristorante wine
59. Away
61. Country's Mr. Jackson
62. Sarah McLachlan song that starts: "Hey, your glass is empty...": 2 wds.
65. Mr. Young
66. Keen
67. Picnic playwright William, and surnamesakes
68. Abnegate
69. Knight's beloved
70. "__ gut!" (Very good, in German)

Down
1. Toronto intersection/neighbourhood, Jane and __
2. One of RMS Titanic's six: 2 wds.
3. Veil heroine
4. Comedian Ms. Bernhard
5. Canadian actor Mr. Ruggiero
6. Coffee choice
7. "Gross!"
8. Fros' friends
9. Live somewhere
10. "__ and the Detectives" (1964)
11. Plug
12. Iliad site
13. Hockey great Mr. Robitaille
17. "Kiss of the Dragon" (2001) star: 2 wds.
21. LA's Sunset, et al.
23. "Bed Peace" songstress, Jhene __
24. Accra's locale
25. Boat implement
28. 1957: Canada's first female Cabinet Minister, Ellen Louks __ (b.1905 - d.2004)
29. Eye part
30. Foster flick
31. "Dial ___ Murder" (1954)
32. "Thou ___ lady." - King Lear
34. Faze
35. __ anglais (English horn)
38. BTO's "__' Care of Business"
41. __ shirt
44. Li'l Ohio city
45. Play part
48. Equally
50. Aphrodite's beau
52. Bypass
53. Elated
54. Sporty sledder
55. Author Ayn
56. Sailing side
57. Egotistical
60. Ordinal suffixes
62. Lass
63. Lab eggs
64. Unitary

Yesterday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2		9					
1	9					4		6
		4		3				7
7		3		8	4			
	4						6	
			3	7		5		8
2				6		9		
6		5					1	4
					1		8	

Yesterday's Sudoku

1	8	9	6	3	7	5	2	4
3	4	2	8	5	1	6	9	7
6	7	5	2	4	9	3	8	1
8	3	4	1	6	5	9	7	2
2	5	7	9	8	3	4	1	6
9	1	6	4	7	2	8	3	5
4	6	3	7	1	8	2	5	9
5	2	1	3	9	4	7	6	8
7	9	8	5	2	6	1	4	3

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HWY: 6.7L/100 KM
CITY: 9.7L/100 KM▼

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HWY: 7.4L/100 KM
CITY: 10.4L/100 KM▼

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HWY: 7.9L/100 KM
CITY: 11.0L/100 KM▼

Limited model shown♦

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